

Wind' s (Feng) talk
on Lester Levenson (
The Sedona Method)

Chat Log 2

October 2020

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2020-10-02 (New) Feng has finished translating the advanced materials, as well as the summary of the release process.

Knot

Daluzheng 2020-10-02 08:47:11

@Wind? If a close relative or friend is sick, and they don't feel anything about the release method or are unwilling to practice it, is it possible for me to help them through the release method?

Wind 2020-10-02 08:47:25

You can release it yourself.

You can release their illness, Lester said.

There is nothing outside, only your picture.

You don't need to believe him, just give it a try.

D 2020-10-02 08:50:18

When others take photos with Lester Levenson (The Sedona Method) , he's never in the final picture. He said: This is enough to prove that everyone has a uniquely projected world.

Daluzheng 2020-10-02 08:58:30

@Wind ? Are all the procedures the same? How do I feel about my good friend's illness?

Then...

Wind 2020-10-02 09:01:46

The operating procedure remains unchanged.

Until you "see" him as perfect

What I mean is, once you've completely let go of it, you'll know it's already yours. This is covered in the advanced course.
the The way is in

Wind 2020-10-02 11:00:16

早As long as the data is released and controlled, and because of security, you can't see it.

He actually prefers to use the word survival, or the fear of death, to describe how you are on guard.

Prevent that fear of death

from being seen by you because
you believe it equals real
death.

Only after releasing enough of the desire for control and
identification can you touch upon the fear of death, and only then
can you release it.

Therefore, the original six-step
process only includes control and
identification , without adding
security.

World =

Identification and Control

Kuang Bo 2020-10-02 11:03:45

There's

still a sense of
security in the air.

(2020-10-02) 11:04:03

A sense of security is not

Lester said the world equals recognition and control.

Because the fear of death itself
does not belong to the world ,
but it is the most fundamental
driving force behind all your
emotions; all emotions are
survival programs.

If you truly feel it, then you can
release it. Once the fear of death
is released under control and
acceptance, it ends.

Lucky Star 2020-10-02 11:10:22

I think the hardest thing to release is a sense of security.
In reality, our pursuit of money and
health is all for a sense of security;
fear is our deepest, most fundamental
energy.

The good news is that most of the funds released in four months have been
used up, with only a few remaining. These will be released by New Year's
Day.

That's it.

The more you release, the smaller your false self becomes, and the more your
true self manifests. [Strong]

Wind 2020-10-02 11:14:32

That shouldn't be the case. If you see the fear of death,
you'll be free after just a week or two of release.
completely free

The whole mind is released

The fear at the emotional level, driven by the
desire to control and validate, is not the same
as the underlying "fear of death."

Wind 2020-10-03 07:10:48

There's one last part. 6. I'll just do it all at once.

Lester Levenson (The Sedona Method) : Our basic philosophy is very simple: each
of us is limitless, except for those we psychologically maintain. When you release
psychological constraints and limitations, we discover that we have always been
limitless. We have always been omnipotent, omniscient, and perfect because our
fundamental nature is perfect, and we cannot change it . Except by constantly
turning our heads away, "It's there, it's there," "Who am I, who am I," like a

drunken man trying to discover who we are and what we are. Then, a part of us—we call it the mind—blinds us, preventing us from seeing that our limitless existence is inherent and natural. The mind... 24 hours a day, we unconsciously search for absolute safety in the outside world, but it's not there. So everyone unconsciously occupies their time in the wrong direction every day. twenty four For hours, we search for where we are, who I am, what we are, and where our safety lies. A direction that is 100% hopeless and full of frustration. If your fundamental nature is complete , whole, and eternal, why do you spend so much time every day struggling to survive? A nicer way to put it is ignorance, but my honest opinion is that any intelligent person would say, "My God, if I knew that, I would become it right away." Becoming who you are takes no time. Becoming who you are requires zero effort. But becoming who you are not, becoming limited, takes endless, strenuous struggle, unhappiness, and frustration.

Now, all of you have heard what I've said. How many wise people in this room have let go of the struggle and simply allowed their infinite existence to exist? That way, you would have an effortless, utterly joyful life in every moment. How many of us have done this? You choose to suffer, you choose to do the most foolish things in my eyes. If you can have anything with just a thought, what is the point of all this struggle? I call you foolish because it might help you. Is there anyone here who doesn't want to be wise? So, be wise ! If you need the world, operate through effortless thought, allow it to fall onto your knees, and let go of all your pain. It's simple, it's easy, it's quick—if you do it. If you don't, it's complex , extremely difficult to reach, frustrating, and painful. But the choice is yours. You can become who you are now, whole , complete, perfect, or you can choose to look elsewhere, one day. twenty four Hours. So what will we do in the next one to two months? Choose to be smart or choose to be foolish? I will give you the answer, and I hope I am wrong : I think you would choose to be stupid. But I can't figure out why you would choose to be stupid. Because the first thing I realized in my search for the answer was that I was stupid. I've said it more than once, I've said, "Lester Levenson (The Sedona Method) , you 're so stupid! Stupid! Stupid! Stupid!" I said it three times. I'm serious. So, you hear me talk about stupidity, and I don't want to be stupid; that was the key to changing my direction. The next thing, of course, was to look in the right direction. I realized that what I had spent forty years trying to find out on the outside wasn't there. It was at the very bottom. So there's only one direction left: inward. What am I? What is the world? What is my relationship with it? What are these questions about? After I asked the question, the answer came. After everything is finished, I can see my steps. I've packaged it into this method, which is a very effective technique, but you only use it partially and minimally , not completely and to the maximum extent. If you use it to the maximum extent, it will only take you a few months, and then you will no longer feel oppressed.

The only thing standing between you and your ultimate existence is your repressed feelings. So, naturally, make the decision, stop being foolish, become wise, and release all these repressed feelings. Within one or two months. I don't think I could give you any better revelation than this. I could say you could do it in a century or two, but why not now? You are infinite now, so why not just let them go? Release them all.

The coverings, they're all in your feelings. Is there any problem with what I said? I've said what I needed to say. Student: (Inaudible)

Lester: Yes, I walked around with a nice smile on my face, and gave everyone who came by a hug. Then I said I belonged to a spiritual organization, and then... blablabla , these were all excuses for the action. You'd find me moving almost steadily through metaphysical communities. St. Donatello is a very...

Good places to gather, but it's everywhere. They really can be summed up in one word: pride. Metaphysical , spiritual people are obsessed with pride: I know more than others, I'm closer to God, I know where the vortex of energy is. But that's wrong. All the vortexes of energy are in your eyes. I guess someone took me to some vortex . I was walking with Zara , and I said, "Where is it?" She said, "You're right there." I said, "Where?" She said, "On the stone." But that's wrong, my God. I wanted to experience it, but I didn't get any feeling from the stone. Those stones are in your mind, and you believe them. That's true. All the power in the universe is in your eyes . You say, "I," "I am," don't give it to the stone. You'll be between the stone and the hard place. (Laughter)

Did I answer your
question? Student: (
Cannot hear clearly)

Lester Levenson (The Sedona Method) : Release your feelings of non-love. Your fundamental nature right now is Christ-like, which is the nature of everyone, but it's covered by a veil. It's covered by a veil—feelings of non-love. For every thing you don't love, there's a feeling of non-love. So you must let go of all those feelings, and what's left is pure love. You don't need a PhD to understand these things; in fact, they are wrong, decorative, because they try to grasp them through the mind , and the mind is an obstacle. The mind maintains all limitations; in your being, you are limitless. I said , "Are you?", you said, "Yes," and I said, "Then that's it." Why all the trouble? It became an extremely restrictive chassis. Have I answered your question now? Do you have any other questions?

Student: (Unable to hear clearly)

Lester: Don't let it go. (Laughter) You say you're going to do this and that, but you can't let it go, so why not let it go? Okay , you want pain, you want to hold onto these feelings, God bless you, what else can I say? But that's the answer. Whatever questions you want to ask, ask me now.

Student: (Unable to hear clearly)

Lester: Talking about it is a substitute for doing it. And that's what you allow yourself to do. That's why I say don't release. Suffering, that's terrible! He might suffer instead of getting angry and wanting to kill me, because he knows what I mean—it's a choice: suffer or become your ultimate happiness—that's your fundamental nature. The existence here is the existence of God , the infinite existence of God throughout the entire universe. Therefore, your existence must be included. When you identify with your existence, you identify with your part of God, you become God. Can God do what you want? His secret is that he has a larger bank than he claims.

Student: (Unintelligible) ...I spent a long time searching, asking myself who I am, and then I got to the place where "I am," even though it was through my mind, even though it was through my understanding, because...how can I do it in other ways?

Lester: Do you have that release technique? When did you finish that course? Student: January.

Lester: Okay , you should be free now. I said it would take you three months, or less, if you " follow " the six steps. I know this because it took me three months, and I didn't have the six steps. They developed as I went along. I think if I started with the six steps, I could finish it in a month. It doesn't take time because "you are that." You are that limitless being, it is where it is, it is your being. But you are fully engaged in being a body. Use a method to quiet your mind, and your true self is very clear to you, that's the fact, you are limitless. It's just your feelings that accumulate "I can't." Using claims is trying to further program, first the good things, then the bad things come out. This gives you more

The procedure you need to get rid of. In short, it probably won't work for everyone except 5% . Does it work for you? Student: (Inaudible)

Lester Levenson (The Sedona Method) : Okay , Our physical therapy is certainly better than physical illness. But the way you deal with it is the most limiting way possible in the universe. You have a physical body, you acknowledge it, and then you imprison yourself in it. So, the "claim" works, it superbly keeps you bound, you're cycling in circles. Release your body , and then with just one effortless thought, your body will be perfect if you desire a perfect body . The body is an exact replica of your mind, and the mind is the sum of all your thoughts and feelings. So let go of all your feelings, your mind will be still, and you will remain in the infinite existence you are, conscious of it. Simple. It's very easy if you do it. It's impossible if you don't do it. Any other questions? OK ,

So, the sermon is over. The only thing you need to do is release.

the "the way "

series is now complete. 2020-10-03

10:21:07

Thank you,

wind ! 2020-10-03

13:28:30

You're welcome

In the end, let's go back to
letting loose.

You're welcome, but please note that Lester's audio materials are for
advanced courses and cannot replace the release method.

Basic process

释放情绪的流程

第一步：允许自己感受当下的感受，并上溯到情绪状态（冷漠、悲苦、恐惧、贪求、愤怒、自尊自傲）

第二步：问自己，能不能放手让这个感受离开？ 愿不愿意？ 什么时候？

第三步：看看自己现在是什么感受，并重复前面的流程

I've summarized it.

释放欲望的流程

第一步：允许自己感受当下的感受

第二步：注意它是来自想要认同还是想要控制

第三步：你能觉察到这个想要控制（或者想要认同）吗？你能放它离开吗？

第四步：你还有没有剩余的想要控制（想要认同）呢？你能对此更有觉察吗？你能放它离开吗？

重复地觉察和释放，直到你完全自由。

This also summarizes the
process of releasing
desires, which is the
guided process shown in
the video.

On October 2, 2020, the wind began to disperse and then continued to release its power, achieving incredible results in just a few days.

The experience of release has become the norm.

Wind 2020-09-30 19:29:40

The feeling of release is very special.
Suppressed energy leaves the body, resulting in a more pleasurable psychological experience.

move up

Move upward

It will at least generate
feelings of fearlessness.

Very clear

Therefore, the release will not be confused with other experiences.

Stars 2020-09-30 19:29:46

In this audio, Lester keeps talking about releasing the "tendency." What does this tendency mean?

Wind 2020-09-30 19:48:26

Tendency should be desire

unintentionally said something like "the
tendency to want to identify." 2020-09-30 20:04:18

@I am Infinite ?@Wind ? Could you please tell me
how Lester handled the "discard" mentioned by Wind ?
2020-09-30 20:04:32

It is to release
Wuxin 2020-09-30 20:04:35

Is there a
process for discarding ?
2020-09-30 20:04:51

No, the procedure only came into being after the invention of the release
method.

Wuxin 2020-09-30 20:05:47

How to discard it? I think there's no question about that.

Is it true that we discard feelings,
emotions, and desires like garbage ? 2020-09-30 20:07:04

Why don't you release it?

Lester said the release process was the
most efficient technique he had ever invented,
unintentionally. 2020-09-30 20:08:23

I feel that
discarding is faster than
processing . 2020-09-30 20:08:40

The previous instructions
weren't helpful. Lester
says the release method is
the fastest way ; it's up
to you whether you believe
Lester.

Wind 2020-10-02 10:43:20

Actually, what Lester meant by "advancing" was
probably achieving those specific goals and
getting those guidelines. everything you want
by releasing only go directly to fear of dying
Simply by releasing yourself to
get everything you want , or by
directly releasing your fear of
death.

There are several guidelines

Achieving any one of these
steps can quickly lead to self-freedom .

2020-10-02 10:53:59

This direct and continuous release of the desire for change allows
various inner emotions, desires, and feelings to rise to the surface, until
finally only the fear of death remains, which also rises and departs. This is
direct release. It's a method for releasing the fear of death. It doesn't require
triggering it through other means or through imagination.

Wind 2020-10-02 10:56:57

Yes, just release the stuffiness .
post graduated way

Still on the train

Then release for a while

Afterwards, I plan to go
into seclusion for a
period of time to pursue
my goal of freedom.
See you after you leave the customs area

Nothing 2020-10-02 11:38:28

Translate a few more
documents before going into seclusion
[grinning face] 2020-10-02 11:45:53

Release can't be delayed! The existing data is
actually enough [laughing emoji]. I'll continue
translating after I get out.

Wind 2020-10-03 00:28:50

I think I should still put the After translating "way" ,

I just listened to
the last two parts
again.

I listened to
Beingness again and
it was very
inspiring.

I think this information should be
shared first. I also listened to
"Happiness is Love" again.

This is actually Lester recounting his own awakening process.
The blueprint for "A Love Story" should
be this audio file and "Get High to
Release" .

These teachings are all
so great because I was
out there translating
them on my phone.

Okay, the The Way series translation is complete.
Lester Levenson (The Sedona Method) 's
beingness , which I translated later, was
also very good.

Lester Levenson (The
Sedona Method) 's
teachings were concise,
powerful, and simple.

Whatever your feelings are, it's a desire for
control or a desire for identification. The desire
for acceptance and control stems from a fundamental
need to ensure your survival as a body, driven by
the deep-seated fear of death.

Regardless of how you feel, that's how it is.

I'm releasing in concentrated bursts; each time I do, I only
need to sleep for less than four hours as the flames leap. 2020-10-03
10:25:15

@Wind ? What does concentrated
release mean, and how is wind generated?
2020-10-03 10:25:36

Oh, what I meant was doing nothing but
continuously releasing leaping flames. 2020-10-03
10:26:49

this directly release
the three basic desires? 2020-10-03
10:27:09

Yes, identifying two is enough.

The one below will pop out by itself.

The way things ended up back
to square one; all you had to
do was release.

Release, just
release, following
the six steps.

We'll reach the finish line soon.

You expect Lester to say something else to satisfy your craving? He won't.
big bite instead of a bit bit

Take a big bite; don't keep taking
small bites— make this method the
most effective.

D 2020-10-03 12:41:18

@Wind ? What to do about feeling numb and emotionless? Actually, you're dissatisfied with "something," but you have no emotion or are unaware of it.

Wind 2020-10-03 12:41:39

This is also a kind of emotion.

The Way 1 , Lester specifically discusses the issue of ambiguous emotions, suggesting that by releasing and changing vague feelings, the feelings will become clearer.

This is actually the fifth step of the six steps.

D 2020-10-03 12:42:46

Lester Levenson (The Sedona Method) said it would take a month to complete the entire journey, but I didn't see anyone, or even Lester Levenson (The Sedona Method) 's close associates.

Who has reached that level?

Wind 2020-10-03 12:42:59

Others are not important

The important thing
is that we make sure
Lester's teachings
are sufficient.

You don't need to wait for another person to be free.

D 2020-10-03 12:46:21

@Wind ? I 早 just want to go and let loose like Lester , but if I stop working , I won't be able to pay my rent or afford food .

Wind 2020-10-03 12:47:29

The release method can be used in front of or behind others.

You can't force an isolation process ;

it won't work. D 2020-10-03 12:47:45

The problem is, having your phone around is such a burden! Every time I try to calm down and relax, my inner self always says to me: "Oh my God! Dude, let's pick up our phones and play a game of Connect Four first, shall we?"

Wind 2020-10-03 12:47:45

Lester Levenson (The Sedona Method) said

Because your karma will drive you to act.

Therefore, trying to remain
inactive is useless; only
releasing is useful.

only releasing help

You are driven by feelings because you don't
want to see those feelings , but you have a
choice.

We have
methods
and
release
procedures

.

It's actually not difficult at all.

释放情绪的流程

第一步：允许自己感受当下的感受，并上溯到情绪状态（冷漠、悲苦、恐惧、贪求、愤怒、自尊自傲）

第二步：问自己，能不能放手让这个感受离开？愿不愿意？什么时候？第三步：看看自己现在是什么感受，并重复前面的流程

释放欲望的流程

第一步：允许自己感受当下的感受

第二步：注意它是来自想要认同还是想要控制

第三步：你能觉察到这个想要控制（或者想要认同）吗？你能放它离开吗？

第四步：你还有没有剩余的想要控制（想要认同）呢？你能对此更有觉察吗？你能放它离开吗？

重复地觉察和释放，直到你完全自由。

Someone in the next group
just asked about the basic
process, so I've summarized
the video content briefly.
The video's guidance is
like this.
This process can be referenced.

Wenmin 2020-10-03 14:22:58

Is anger a combination of both?

Wind 2020-10-03 14:23:26

All of them have both.

Emilie 2020-10-03 14:23:40

I feel that the translation of "indifferent" is not quite accurate.
Personally, I still prefer the translation of the emotion chart recommended by
Feng as "utter despair," which is more accurate.

Wind 2020-10-03 14:28:29

In the videos I watched, they often used
"powerless" to refer to being powerless.

Fangfei 2020-10-08 11:02:22

My face has been numb ever since I released it. Will I feel that numbness
again if I release it again?

Facial numbness started yesterday; I've never
experienced this before . 2020-10-08 11:02:45

If it bothers you, then let
go; let go of that desire
for change.

Not to release facial numbness

You want to control, become aware of it, and release the desire to control.

Fangfei 2020-10-08 11:03:30

I need to experience this more before I can change it.

I just asked myself—can I release the desire to change my numb face right now? —that's what I asked.

Okay?

风 2020-10-08 11:03:56

想要改变也是一种感觉

feeling

感觉这个想要改变然后放它离开

对死亡的恐惧也只是一种感觉莱斯特说的

我只是复述

Fangfei 2020-10-08 11:05:17

But I just realized that wanting to
change is a feeling; it used to seem
so abstract.

Wind 2020-10-08 11:09:23

Yes, you can't manipulate abstract things.
The driving force behind everything is feeling.
survival programs
Survival Program

Wenmin 2020-10-08 11:21:09

The desire for change carries a sense of
anticipation and urgency; a certain eagerness to achieve it.

(Wind) 2020-10-08 11:22:28

Actually, it might be clearer to
put it another way:
anticipation and eagerness are
emotions.
They were all driven by a desire for change.

Once the desire for change is released,
the emotions of these individuals will dissipate like
fragrant blossoms. 2020-10-08 11:26:31

Is desire deeper than feeling?

I can release my feelings quickly each time, but everyone talks
about releasing the three basic desires behind them . I'm a little confused about
whether to release feelings or categorize feelings as desires.

风 2020-10-08 11:27:16

莱斯特的理论

你想要作为一具身体生存，于是发展了对死亡的恐惧这是所有情绪的最底层驱动

所有的欲望

为了保障生存，你发展了想要认同 为了想要认同，你发展了想要控制所有情绪都是想要认同或者想要控制所有思想都被情绪驱动

因此，整个心智的结构，就是这样的：

“对死亡的恐惧（想要生存）——想要认同——想要控制——九大情绪状态——具体感受——思想——世界”

前一个驱动后一个

底层释放掉了，被它驱动的那个也被释放掉

Developed

If you
feel
there's
a
problem
, it's
definit
ely
because
of a
suppres
sed
desire
—a
desire
to
control
your
actions

.

Once you release the urge to control, you
stop suppressing it.

The underlying desire for acceptance and
survival will then emerge.

However, if the underlying desires for
recognition and survival are not released,
the desire for control will continue to be
suppressed.

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l	There is a desire to change and then
o	release that desire to change.
a	If enough is released, it will "
t	float up and float out" like waves,
u	as Lester said.
p	
w	This time I went into seclusion for two
a	days.
r	I'm so excited!
d	Being able to use all six steps is
s	considered advanced.
a	Alai's advanced course is basically just
n	repeatedly explaining how to practice the
d	six steps.

D 2020-10-08 13:13:09

@Wind ?How to release the pent-up energy?

Did Lester provide any specific details
regarding using confinement to resist release? (Wind)
2020-10-08 13:14:27

Yes, when your ego resists, you want to
sleep or do something else, but you don't
need a special method to release the
tension.

If you want control, then release it.

D 2020-10-08 13:21:22

@Wind ? Tell me
about your experience of
closing your eyes. 2020-10-08
13:32:02

No particular thoughts, just had a blast.

Continuing to release will
give you the motivation to
release even more.

Go to higher

This kind of high is basically something that cannot be described or

imagined.

Yitian 2020-10-08 13:34:29

@Wind ? How to release

hunger? Wind 2020-10-08 13:35:00

For any feeling that makes you uncomfortable,
you can release the urge to control or change
that feeling.

Becoming aware of
this desire to change
Let it surface,
release it.

I often release feelings of
hunger and drowsiness . 2020-10-08 13:36:06

Want to unleash your
high ? @Fengfeng 2020-10-08 13:36:30

want

Lester Levenson (The Sedona Method) said, to get high to release
To continue releasing that
high feeling , you can still
eat.

As for sleeping, by the third day I
had no sleep at all and was full of
energy, not sleepy at all.

The era of the Internet of Everything 2020-10-08 13:39:12

I want money. Can the money
come to me automatically?
How can it come to me
automatically?

Wind 2020-10-08 13:39:51

Will
rele
ase
It will
automati
cally
release
complete
ly.

The era of the Internet of Everything 2020-10-08 13:41:09

Do you have any
practical
examples? Could
you share them?
Instantly

wind 2020-10-08 13:41:35

Too many
I can't think of anything to share right now.
speaking to one of his students, Michael.
You've reached the point where you can
create whatever you want, but why haven't
you reached that materialistic stage?
That is, the stage of the astral realm.

He said to continue releasing, and then you arrived.
You can instantly manifest matter,
instantly make matter disappear ,
and you can teleport .

Huixuan 2020-10-08 13:44:07

We probably couldn't call for help then, right?

2020-10-08 13:44:25

Still a person
However, the limitations of the
material world have been lifted
on three levels.
physical level, that is, the
creation of the material world
is delayed.
You have an idea, and it takes some
time for it to happen, which is why
the world seems so complex.

Astral , you only need to think, and things happen immediately. On a casual level, as long as there is a desire, it is immediately satisfied in the formless realm, the form realm, and the desire realm.

the casual world are non-material.

Astral 's body is composed of pure photons.

Therefore, it immediately takes on the form you envision once you've thought of it.

Physical matter is frozen

energy ; it delays the

occurrence of events.

You inherently possess a

combination of these

three bodily thoughts .

The mind is nothing other than the

collection of all thoughts. Release

the mind, and what remains is

infinite existence.

When you accept your own infinite existence, if you desire a

body, you can instantly create a hundred, but you will not

identify with any of them as yourself.

The above are all Lester Levenson (The Sedona Method) 's original words.

Yes, once the entire mind is freed, what

remains is infinite existence—it's that

simple.

Release it, see what

happens, see what comes

next.

release all feelings your mind quiet, that's it

Yitian 2020-10-08 14:01:18

@Wind ? How do you release

this higt ? Wind 2020-10-08 14:03:26

It 's just let go and let go ,

nothing special. 2020-10-08 14:05:51

The key is to realize that it's

just a feeling, right? (Wind) 2020-10-08

14:06:30

Um

Once you realize it's a

feeling, you can release Yitian.

2020-10-08 14:08:50

Has anyone seen Lester's comb?

@风风 2020-10-08 14:10:26

not yet

I plan to

continue

getting some

fresh air

today.

Qian 2020-10-08 14:59:56

"The desire to live, the desire to die, the fear of death, the fear of living—these four things," said Lai.

Ster's original words

Wind 2020-10-08 15:04:39

This is something

. same The fear of

dying

Once released,
it's over. These
four are the same
thing.

The fear of death manifests in these four ways.

有时候你想要去死，有时候你想要活着
，有时候你恐惧死亡
，有时候你恐惧活
着。

death" (the desire to survive) . 2020-10-11
17:39:20

1992 course, consisting of eight videos, represents
the entire curriculum taught at the Sedona
Institute.

The last four videos, in particular,
demonstrate the simplicity and efficiency of
releasing the three major desires.

I know many people find the later process effective, but I guarantee
the original method is more...

It works

看看现在的感受，
当下唤起的是想要控制还是想要认同？你能觉察到它吗？
你能允许它被释放吗？还有更多吗？
能够允许它被释放吗？

keep pushing themselves
forward like waves.

And each time the desire to be released is fulfilled, countless
emotions clinging to it dissipate.

"make release constant" mean?
(Literal meaning)

Release occurs continuously, as
naturally and wisely as breathing. 2020-10-11
17:45:20

Why doesn't Mr. Lester Levenson (The Sedona
Method) just write a detailed book on the release method
himself ? 2020-10-11 17:46:06

He teaches you through
courses, showing you
how others do it.

Let someone just like you and me do this

to show you how simple release can be.
For those learning from home, those eight
videos are the best course. We really don't
need any more content for this method itself.
All the tools are there.

Wisdom's Guidance 2020-10-11 17:47:54

Feng have any plans to start going
vegetarian? 2020-10-11 17:48:22

I've become a vegetarian.

What I'm experiencing now is something I've never experienced before. To avoid influencing others, I won't go into further details. But let's continue to release it.

The scene that follows is unimaginable. Take a breather, then continue releasing...

Huixuan 2020-10-11 18:26:18

Is it that before you even have time to feel your emotions, they've already been released into the wind? 2020-10-11 18:26:59

That's pretty much it; desire disappears at the slightest touch.

As the release accelerates, you'll feel the previous high points, and you'll suddenly become aware of your actually very low desires.

Huixuan 2020-10-11 18:30:08

When emotions are gone and beliefs are gone, there is emptiness. ego would want nothing at all. 2020-10-11

18:32:21

This cannot be imagined with the mind.

I wanted to let it all out in one go, but I just couldn't sit still, so I went for a run on the bridge.

Too much unnecessary energy

This should be the enormous energy released.

我到后两天才明白持续释放是什么意思
基本上每一次释放就会带来一次很充沛的能量释出

Ju Ting 2020-10-11 18:43:41

@Wind ? Are you releasing all the disharmonious energy in your life? Or are you truly targeting certain people and things?

Specific events

Wind 2020-10-11 18:45:22

three desires

Because you live in a

constant state of wanting,
and as soon as you 've had
your fill, another one
comes along.

After one was
released, another Wenmin came.

2020-10-11 23:35:45

I deeply admire the wind; I long to
reach that level too. (Wind) 2020-10-12 00:17:17

As long as the method is used correctly, it will work.

ZOEY 2020-10-11 18:47:48

After the release, does the frequency and intensity of externally triggered
emotional desires change?

Wind 2020-10-11 18:57:57

That's not how it's said.

I'll explain in detail when I get back after my run.

风 2020-10-12 00:23:07

这个问题是这样的 认

同和控制就是世界

对世界有强烈的贪恋和厌恶

它时时刻刻都发生，我就在这些想要中就

像鱼儿在水中一样

但如果你决定持续释放，你来一个放走一个很快

你会发现你身处于这个欲望大海中

如果你持续释放几天，你就会非常非常宁静

在这个宁静之下，有很多强烈的欲望会很明显地浮现出来被觉

察到时，它只是一下子被释放

释放成为常态

是因为你发现了你把它压抑在下面是不自然的一直

在无意识压住它

而这是一个根深蒂固的强有力的习惯

当释放了足够多的想要控制，这个习惯也就随之失去力量越倾

向于自然地释放

释放到一个点的时候，有那么一刻，突然感觉到身体不是我它只

是在动作，但是却没有一个自我在里面运作

但这个对身体的认同马上就又回来了与

此同时，我察觉到那是想要控制 这个

想要控制就被释放了

下面的经验,我的直觉告诉我不适合讲出来我

继续释放去了

Yitian 2020-10-12 06:02:14

It seems that at the advanced stage, one can release the awareness immediately. But why is it that at the beginner stage, even though one is aware of the awareness , one cannot release it immediately and has to repeatedly ask questions?

Wind 2020-10-12 06:31:58

Just like the analogy I just mentioned

Fish that are used to the ocean will not realize that they are in the water.

Because the habit of repression is a strong tendency, it is necessary to consciously become aware of it through questioning and to make decisions to release it.

But when you reach a point where this deeply ingrained habit has been released, then releasing this natural tendency itself becomes your habit.

At this point, it becomes easy for you to make releasing the burden a regular occurrence.

make it constant

In Lester Levenson (The Sedona Method) ' s words, you just watch it floats up and floats out

Watch those restrictions rise to the surface, and then rise back up.

you just sit back watch it floats up and floats out

The complete answer is like this:

However, before reaching that point where the habit is reversed, you must consciously do so, otherwise you will be dominated by the habit.

This is why processes are important.

This is roughly how the process of releasing desire works.

2020-10-08 (New) The clearest explanation of surrender as not the method of release, and insights gained after five days of continuous release in seclusion: One day of continuous release is equivalent to your intermittent release.

Released for several years

Group member 2020-10-08 09:58:43

I'm stunned. What's the difference between acceptance and release? Acceptance is release, just different ways of saying it. Acceptance stems from emotions and beliefs; this "self" doesn't truly exist, so it's about allowing things as they are. It's acceptance through "witnessing."

Under the "witness" framework, acceptance and release are the same thing.

Any tool, no matter how powerful, only allows you to step outside your role and understand "who I am," ultimately leading to surrender . 2020-10-08 10:00:50

If you think they are the same, it means that you have not only not entered the basics of the release method, but you have also never truly released anything, and you have been severely brainwashed by other methods.

Go find out what Lester said. If Lester said acceptance is liberation, then I think if you can't find it, then maybe you should reflect on whether you've been too presumptuous.

Wind 2020-10-08 10:04:05

Two quotes from Lester Levenson (The Sedona Method) can resolve this argument quite clearly.

Everyone can take a look.

There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like : " Get to the place where no one and nothing can

disturb you . ” When someone disturbs you and you don’t know why , the thought is subconscious. Bring up the thought. By constant trying you will develop the habit of actually getting it up ; you’ll see that there’s a limiting thought , an ego or selfish motivation behind it and you’ll drop There are many ways to do this . The booklet *Eternal Truth* introduces some methods, such as “going to a place where no one or nothing can disturb you.” When someone disturbs you and you don’t know when, that thought is a subconscious thought. Pull that thought out. Through consistent practice, you will develop the habit of digging out subconscious thoughts, discovering that behind a finite set of thoughts lies the ego driving them, and then you will release it.

Q: Is just seeing the subconscious thought or motivation Enough?

Q: Is it enough to just see subconscious thoughts or motives?

Lester: Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative.

A: No, that's not enough. You also need to consciously release it or consciously eliminate related habits or quirks. I am...

Suppose you want to release these thoughts because
they are limited and negative. This is
from *The Path to Ultimate Freedom*.

There's also a segment in the later
audio recordings about beingness , featuring Kuang

Bo. 2020-10-08 10:07:06

I listened to Larry 's recording; his students were trying to release
their fear, and he told his students to accept this.

fear,

Wind 2020-10-08 10:07:27

The second part I want to
talk about is about this cat. 2020-10-08
10:08:05

The student asked him why her friend experienced those things,
and he said it was because he hadn't surrendered to the truth—
wasn't that written?

I find it strange that Lester Levenson (The Sedona Method)
keeps talking about surrender and has even written testimonies. I'm not
the author of this article . 2020-10-08 10:09:23

no

The proposition of surrender
let go and let god

However, the way to put it into practice is by
constantly releasing trying... to do nothing
doesn't help

only releasing help

Because your karma is
pushing you to release the
Dharma, don't emphasize
surrender.

Because the teaching methods in "The Path to
Ultimate Freedom" do not keep students' progress
simple, they are the path...

But acceptance is possible.

I'll end this debate with
Lester's exact words; there's
no need to argue anymore.
The audio is here.

Members of the

Beingness group 2020-10-08

10:16:32

Didn't Lester often say, "Let go and let God take
over"? Isn't that surrender ? 2020-10-08 10:16:56

No, regarding the matter of surrender, Lester
later only spoke of surrender through release,
but I need to discuss the aspect of
"acceptance."

beingness says.

当你释放一个很长时间的习惯时莱斯特举的例子是

抽烟

他首先让学生先去 accept to smoke

接受抽烟

也就是说抽烟是 OK 的为什么呢

莱斯特后面解释了

因为如果你认为抽烟是不对的，你甚至没办法开始去想释放它这件事所以在释放之前

accept 这件事，确实是莱斯特本人说的

但是不是用 accept 代替释放

是在接受这件事之后，面对它，然后释放

Post-audio beingness part 1

I don't think there's much to
discuss about surrender .

Without releasing, you can't
surrender.

What he meant was that if you don't accept it,
you can't begin to release it. For example, if
you think smoking is wrong, you simply don't want
to watch it.

You have to treat it just as a feeling
okay to accept smoking .

Only then can you let your emotions surface.

" surrender" does not mean what we usually understand it to mean.
let go and let god

But if you don't release it and say, "Let
God do it," you won't succeed, as Lester
also said.

Why?

Because Karma is manipulating you.

We don't need to discuss how to let God
do it; we just need to free ourselves
and move away.

It is not a law of entrustment

There is no "entrustment" to do.

Because when you want to "surrender," you haven't actually
released the desire to surrender. How should we understand this
theoretically?

Kiss theory:

Keep it simple

When you find yourself stopping releasing,
it's another issue if you haven't followed
the six-step acceptance process.

In other words, if you don't accept smoking, you might end up fighting with
the idea that "smoking is wrong."

fighting for

It means releasing a long-standing habit; you
need to accept it first because your tendency
to avoid it is quite strong.

The release process does not involve accepting emotions.

What Lester was actually saying was "accept the event and allow emotions to surface."

let it up, let it go

Wind 2020-10-08 10:36:07

I remained in
seclusion for five days, releasing
my inner energy. 2020-10-08
10:36:17

What do you
think? Share your thoughts.

2020-10-08 10:36:57

By the third day, I
didn't need to sleep
anymore and was full
of energy.
But on the fifth day, I
couldn't help but glance at
my phone again.

Two large steamed buns (2020-10-08) 10:36:26

I tried to release my pent-up emotions for a long time yesterday,
but I kept getting stuck. I also tried to release the desire to change what was
stuck , but I just couldn't let go. It felt like all those feelings were still
churning within me, and I was still trying to let go.

Wind 2020-10-08 10:38:07

Yes, this happens quite often.
Getting stuck is also a
long-standing habit for you , Kuang Bo.

2020-10-08 10:38:35

Allow your emotions to surface, face them, accept
them, and say yes to them —that's roughly the idea . 2020-10-08
10:39:02

Not accepting
emotions It is
about
accepting a
habit
Then let your feelings about it emerge.
When you're stuck, what you need to
release has changed— you need to
release "the desire to change."
Because this is actually a

program that's causing the
problem; if you don't release
it, it will keep running.

Two large steamed buns (2020-10-08) 10:40:51

I'm trying to express my desire for
change, but it doesn't seem to be working.

2020-10-08 10:41:03

How did you
release it?
The process is
the same.

First you need to be aware of it

In other words, you need
to realize that you want to change the
whole two large steamed buns 2020-10-08
10:41:55

But yesterday I spent the whole day relaxing, and I felt like I was
stuck in the same place.

风 2020-10-08 10:42:16

当然会这样，你带了很多抗拒在其中你
想要控制它
如果你特别想要控制释放时发生什么状况你
就会卡住

因为想要控制=缺乏控制
原理是很简单的
所以当你想要控制释放进程时，你就要注意到 然后
你要注意到你希望通过什么来控制释放进程比如说
你握紧拳头
比如说你努力搞清楚现在的感受是什么比
如说你身体会把情绪仅仅攥住
你知道为什么这时候释放不掉吗？因
为这是个很强烈的习惯
它背后有很多很多的情绪
你却打算一次性把它们释放掉
如果你卡住的时候
注意到自己想要控制
然后放松地看着这个想要控制
试着释放它
你不是在释放所有的想要控制，你只需要释放现在看到的这一点这是
我个人处理卡的经验
你释放一点想要控制，就感觉顺畅一点然
后你邀请更多的想要控制被释放
有时候你会持续释放这个想要控制释
放一两个小时
终于把这个「想要控制释放过程」的强烈惯性释放掉了那
时候你后面的释放就会变得顺畅起来
因为运作你卡住的那个程序被释放了就
是这么简单

Wind 2020-10-08 10:49:51

Yeah, sometimes it lags, sometimes it doesn't.
But do you want this program to work within you?
You can decide to release this habitual control, so you'll
basically stop lagging instead of waiting until you're no
longer lagging before releasing it.
I'll send this part over; I expect
many people will get stuck. Hope it
helps.

Rong 2020-10-08 10:55:07

Thank you, Master Feng!

[Grinning face][Rose] 2020-10-08

10:55:15

Not a master
Just release law students
I need to continue my

seclusion and release my
energy later .

Wind 2020-10-08 10:59:09

@Two big baskets? By the way, when you got stuck, were you reluctant to
admit you were stuck?

I really want to jump over it.
This is about
changing one's
awareness.
Release this
Realizing that this desire to change is just a feeling
Then, like all other feelings , you can simply let it go.

Wind 2020-10-08 11:05:27

It's meaningless for us to
discuss acceptance and surrender
now, including letting God do
it.

Many people would do that

When emotions arise, tell yourself, "Let it go, accept it," and
let your emotions shift from greed and anger. Anger at
these levels, so low as to be indifferent and utterly despondent.

This is a form of repression.

Lester Levenson (The Sedona Method) said move up
Ascending is part of Lester's
release method teachings. If your
emotions aren't rising, you're not
releasing—this is easy to prove to
yourself.

This method is a testing method.

If your emotions don't rise
, then you haven't released
them.

Very simple things

Wind 2020-10-08 11:25:32

The effect of continuous release is significant.

A single day of continuous release is
equivalent to several years of intermittent
macroeconomic release . 2020-10-08 11:30:06

@Wind ? Does continuous release refer to releasing one feeling at a
time, or releasing one feeling before moving on to another?

Feelings?

Wind 2020-10-08 11:30:49

It means continuous release
Actually, I just listened to the audio.
Lester meant " make release constant,"

which means making it as natural as
breathing.

What does this mean?

You are not ever not releasing

Like one breath after another,
one release after another.

But your current habit is "one act of
suppression after another." By releasing,
make release your new habit.

Zhang Fei 2020-10-08 11:33:20

How can I release my mental background
when I'm not sitting quietly, for
example, while doing other things?

That would
be much faster .

(2020-10-08) 11:34:51

Does your mind really help you
get things done? Things can be
accomplished simply by letting
go.

You don't need to "do" things
while simultaneously enjoying a carefree
life. 2020-10-08 11:36:28

What should I do when
emotions arise while
doing something?

Wind 2020-10-08 11:36:53

release

Just continue to
live a free and easy life.

2020-10-08 11:37:37

Sit down and let it
all out quietly? (Wind) 2020-10-08
11:37:58

Once you get used to
it, you won't need to
sit down deliberately.
The more you relax, the
easier it becomes to
relax.

Hong 2020-10-08 11:38:14

My energy level is still in the
fear stage [facepalm] 2020-10-08 11:39:04

95% of the world 's population lives in a state of
despair, grief, and fear, which he calls "the state of
possession."

Equating **having**
more with
happiness , so
there's nothing
wrong with that.

I on 2020-10-08 12:04:32

Surrender is good, but surrender is not the same as

release. The difference is significant, and release
is a different path, a completely different system.

Wind 2020-10-08 12:06:00

Surrender is a means of "devotional love".

I'll post another excerpt from Lester's autobiography.

There is a natural way for each nature to achieve realization. What's natural to
you is the best way for you. That's Why there are four major ways that embrace
everyone's nature.

Every nature has a natural path to awakening; the most natural way for you is the
way that is best for you. This is why there are four main paths that encompass the
nature of all people.

The four ways are the rational, which is the mental way? the scientific, which is the specific methodological way? the emotional which is the love and devotional way? and the active way, which is rendering selfless service to mankind.

: rational, which is the mental approach; scientific, which is the methodological approach ; emotional, which is the approach of love and dedication; and action-oriented, which is the approach of practicing selfless service to humanity . ?~?~? ~ ~?

To uncover yourself it take only wanting to and looking in the right direction.

To reveal yourself, all you need is the desire to want and the right direction.

Surrender is a means of
"devotional love". The
love and devotional way
of releasing emotions is
a scientific approach.
Specific Methodology
specific methodological way
The requirements differ depending on the approach.
Scientific approaches cannot involve altering the method itself.
Because it uses specific methods to
verify that people with different
natures can choose the appropriate
path for themselves.

Release them all.
Continuously releasing a very high level

2020-10-12 (New) The airflow is guided and released
in a controlled manner, and the explanation of what

宏 2020-10-12 07:10:34

总是胡思乱想，是不是想要控制的欲望？风

2020-10-12 07:35:49

你能很直接地觉察到想要什么

分析不是必要的

当下出现在你的觉察中的，有一个最明显的宏

2020-10-12 07:47:37

最明显的就是对工作的纠结，感觉自己不适合自己的工作，又无力改变。风

2020-10-12 07:47:55

想要控制

对它保持觉察

能直接放手让它离开吗？

Hong 2020-10-12 07:48:52

I want to release the desire to
change, but I can't [facepalm] I
can't.

Wind 2020-10-12 07:49:50

stuck
Stuck

Do you want to change
this stuck state? Macro 2020-10-12
07:50:52

think

Wind 2020-10-12 07:51:00

Looking at this, I want to change.
Allow it into your
awareness, become
more "aware" of it.
Can you just let it go

now? (Macro) 2020-10-12 07:52:14
[Facepalm]

Wind 2020-10-12 07:52:45

Do you want to
change? Macro 2020-10-12
07:52:55

think

Wind 2020-10-12 07:53:14

Can I allow myself to become aware
of this desire for change? (Macro) 2020-10-12
07:53:26

Can

Wind 2020-10-12 07:53:55

Can you allow it to
be released? Macro 2020-10-12
07:54:17

cannot

Wind 2020-10-12 07:54:30

Do you still want
to make changes? (Macro)
2020-10-12 07:54:40

have

Wind 2020-10-12 07:54:58

Is it possible to simply allow
oneself to be aware of it? (Macro)
2020-10-12 07:55:19

able

Wind 2020-10-12 07:55:39

Can it be made to
leave? Macro 2020-10-12
07:56:01

cannot

Wind 2020-10-12 07:56:18

Look at your current situation. Do you
want to control this process? Do you want
it to go according to your wishes?

Hong 2020-10-12 07:56:40

Yes

Wind 2020-10-12 07:56:57

Is it possible to simply
perceive this desire for control? Macro

2020-10-12 07:57:10

Can

风 2020-10-12 07:57:44
它离开了吗?
宏 2020-10-12 07:57:59
没有[捂脸]
风 2020-10-12 07:58:26
继续注意这个想要控制
看看你现在的状况,是不是有更多的想要控制被激起了宏
2020-10-12 07:59:10
是的
风 2020-10-12 07:59:32
放松,只是看着它
宏 2020-10-12 07:59:58
好的
风 2020-10-12 08:00:03
它有离开吗?
宏 2020-10-12 08:00:37
还是没有

Wind 2020-10-12 08:01:01

That's okay, keep seeing if you want to control
the release process. There's no need to struggle
or work hard for it; just realize that the desire
to control it has left.

Hong 2020-10-12 08:03:10

@Wind ? Okay. Thank you so much [roses][roses][roses]. I'll try
a few more times myself. Wind 2020-10-12 08:03:57

Try it this way
Just stay relaxed throughout.
Then keep bringing yourself into
contact with what you want. At
this moment, become aware of the
desire to control or to be
recognized, and then consciously
become aware of it.
Examine whether you let
it go before becoming
aware of your desires.
In this process, you should focus your
attention on what you want, not your
feelings.

When you release what you want,
the feeling will dissipate on its own.

2020-10-12 08:06:48

It seems like there are
multiple layers, one layer of wind after
another. 2020-10-12 08:07:09

The top layer
Don't try to dig down

there; that's what
you're trying to
control.
Every time you try to exert
force, you are trying to
control relaxation, and be
aware of this.

Hong 2020-10-12 08:08:39

Yes, trying to exert force adds
another layer of the desire for wind. 2020-10-12
08:09:03

So when I say I want to control the current situation,
you need to pay attention to the fact that this attempt
to exert force is precisely the attempt to control.
The moment you notice it, you can immediately let go.

The moment you let go, you'll immediately feel a sense of ease and reduced resistance; you won't need any further guidance or instruction.

All you need to do is be aware of the desire to control it, and then allow it to be released via macro. 2020-10-12 08:13:19

I'll try
some more
[coffee].

Wind 2020-10-12 08:16:30

Did you notice it? Can you make it go away? Just become aware of what you want right now.

Notice

Then allow it to leave.

After it leaves, then observe more.
up and out

A carefree life 2020-10-12 08:07:19

@Wind ? When I released it,

I focused on feeling the wind. 2020-10-12
08:08:01

If you haven't learned basic release yet, focus on the basic process and focus on your feelings. If you have, you can directly release your basic desires.

When you release your basic desires, you come into direct contact with what you "want".

D 2020-10-12 08:02:55

This is how I released it: Can you release it? Yes! Are you willing to release it? Yes! When? Okay , it's all over, I've experienced you, you can leave now. And then it left @wind ?

Wind 2020-10-12 08:03:09

Why change the process?

Wind 2020-10-12 08:24:39

Anyone else want me to guide them? I can try to help. It's a very simple matter.
You'll understand once you experience it.

DMX 2020-10-12 08:29:15

@Wind ? I want to release my desire for recognition from others.

风 2020-10-12 08:29:59
你当下能感觉到想要认同吗？

DMX 2020-10-12 08:30:27
能

风 2020-10-12 08:30:37
只是允许自己感觉到它
它离开了吗？

DMX 2020-10-12 08:31:10
没有

风 2020-10-12 08:31:32
你想要让它离开吗？

DMX 2020-10-12 08:31:41
想

风 2020-10-12 08:31:45
你能注意到这是想要控制吗？

DMX 2020-10-12 08:32:25
是想要控制

风	2020-10-12 08:32:29	这个想要控制离开了吗?
DMX	2020-10-12 08:32:45	没有
风	2020-10-12 08:32:56	你还想要控制吗?
DMX	2020-10-12 08:33:28	想要
风	2020-10-12 08:33:32	只是看看它, 它离开了吗?
		再看看, 你是否想要控制你的感受, 想要改变它, 你能觉察到这个想要吗?
DMX	2020-10-12 08:34:51	能够觉察到
风	2020-10-12 08:35:03	它是否被释放了?
DMX	2020-10-12 08:35:44	释放了一点、没有完全释放
风	2020-10-12 08:35:57	嗯, 所以还有想要控制?
		你能仅仅是觉察到它吗? 这很简单
DMX	2020-10-12 08:36:51	能
风	2020-10-12 08:37:03	更多地觉察它
		看看它是否被释放了?
DMX	2020-10-12 08:41:42	释放了一点、但还是没有完全释放风
	2020-10-12 08:42:03	持续这个流程, 觉察到它
		然后, 能不能让它离开?

Zhang Fei 2020-10-12 08:50:02

@Wind ? I'm under a lot of debt and in a lot of pain. It's hard to make money, and I'm eager to change my situation. How can I relieve this pressure?

风 2020-10-12 08:51:11
你想要控制吗？

张芾 2020-10-12 08:51:22
想

风 2020-10-12 08:51:35
所以能够明显觉察到？

张芾 2020-10-12 08:51:47
嗯

风 2020-10-12 08:51:57
它被释放了吗？

张芾 2020-10-12 08:52:08
没有

风 2020-10-12 08:52:21
能够觉察到那个想要控制吗？
允许自己只是看着这个想要

Zhang Fei 2020-10-12 08:52:38

Able to
perceive wind 2020-10-12
08:52:53

Has it left?
(Zhang Fei, 2020-10-12)
08:53:31

It's not entirely clear whether they're
leaving or not; they're probably leaving some wind.
2020-10-12 08:53:42

Do you still feel a urge to control something that you perceive
yourself to be in? (Regarding this situation and this question, Zhang Fei)
2020-10-12 08:54:06

Want to
control the wind
2020-10-12 08:54:16

Looking at it
Allow it to be noticed
Was it released? Has it left
now? (Zhang Fei) 2020-10-12 08:55:40

I want to let go of some things I
wanted to control, and stop clinging so tightly to
the wind. 2020-10-12 08:55:54

Hmm, is there anything else
you want to control? Zhang Fei 2020-10-12
08:56:19

have
Wind 2020-10-12 08:56:28
Can you let it
go? (Zhang Fei) 2020-10-12
08:56:57

I'm not sure if it's possible,
but I want to let him leave the wind.
2020-10-12 08:57:07

Do you want
control? Control
this release
process.

Zhang Fei 2020-10-12 08:57:34

I want to understand clearly
Wind 2020-10-12 08:57:43
this simply by trying
to understand it ?

Zhang Fei 2020-10-12 08:58:10
able

Wind 2020-10-12 08:58:15

Has it been
released? Zhang Fei 2020-10-12

08:59:28

Not yet, do we need to
use three questions to guide us?

2020-10-12 08:59:44

Need not

Can you feel the urge
to control? (Zhang Fei) 2020-10-12

09:00:59

I've always
wanted to control the wind

2020-10-12 09:01:04

When you want to change your emotions, control the release process, or want
to use some other tools...

when

Zhang Fei 2020-10-12 09:01:04

Able to perceive

风 2020-10-12 09:01:11

你就正处于想要控制中只要你放松，觉察
到它

那一刻你就立即有一个放手的倾向所以你甚至不需要
问后面的问句 你只是看看它有没有
离开

然后继续看看自己还有没有剩余的想要控制然后再觉察它，允
许它离开

持续这样 let it up and go 就行了

Zhang Fei 2020-10-12 09:04:20

A lack of awareness about whether the release has been completed leads
to unclear action instructions. Should this be released?

Want to control

Wind 2020-10-12 09:05:26

Yes

Realizing that it might

be possible to let it leave Zhang Fei

2020-10-12 09:06:08

Um

Thank you for your
guidance and sharing [rose] wind

2020-10-12 09:11:21

You're welcome, I'm off to release them.

Wind 2020-10-12 09:20:17

Learning through case studies is the simplest method. To understand
how the process works, the best approach is to experience it yourself. Observe how
others operate and follow along, or have someone guide you. You'll learn quickly
that way. That's why you'll see Sedona. The institute teaches very little
"theory," and the practical part is entirely guided by examples. The entire eight
videos are just showing you how others release [the energy/power].

One word I want to emphasize is "stir up." This is a guiding
technique that will be frequently used in later videos. What are your current
feelings? What desires does it evoke? Because the previous use of "what desires
it comes from" might make people subconsciously use their minds to analyze the
reasons, I can emphasize it here. You can use "stir up" to see your current
feelings and see if it arouses your desire for control, acceptance, or safety.

Group member Jidi: I feel like I still can't let go. How can I allow desire to
leave? If I allow it to leave, will it definitely leave?

Wind: Hmm, it wants to push itself out; you just need to release
the suppressed power. Silent Truth: I understand, but I don't
know how to do it.

风：你能感觉到当下的欲望是想要控制还是想要被认同吗？寂谛

：嗯，可以

风：你能只是觉察它吗？

寂谛：我允许，好像它并没有离开，嗯风

：它离开了吗？

寂谛：嗯，离开了一点

Silent Truth: It seems to happen unintentionally, and the more you try to make it leave, the less likely it is to leave. Is it that it leaves simply by being aware of it? Wind: Desire is like this; as long as you are aware of it, it has a natural tendency to leave.

Jidhi: Oh, I see. And then, continue to observe?

Wind: After it leaves, continue to observe whether there is still a desire for control or recognition, continue to be aware, and then see if it has left.

Jidi: Oh, so this is liberation? Indeed, I have left.

Wind: Hmm, a clear feeling of **energy leaving**? Accompanied by a calmer and more joyful mind. This is release.

On October 12, 2020 10:30:04

@wind ? I've finally found a kindred spirit ! I just joined the group two days ago. I like the release method, but I feel it's slightly different from the methods of Haier and Larry . I felt the tubes weren't necessary ; the emotions just left me . Furthermore, I believe the most important aspect of release is releasing the force you exert (the desire to change : resistance , grasping) . This force is more subtle than emotional feelings , but it's what truly needs to be released . Once this force is withdrawn (released) , the emotional energy will leave on its own . Release cannot be completed without withdrawing (releasing) this force ; once it's withdrawn , release is automatic , or rather, it's being released automatically. Seeing Teacher Feng 's method , I finally understand the answer! [fist][fist][fist]

Wind 2020-10-12 10:35:37

This is Sedona in 1992. The original procedures of the release law institution founded by Lester, as used in the Institute video.

Later, Hailari established his own organization because they couldn't teach the same thing, so they all focused on this approach.

The law has been revised.

However, the original process is indeed the most effective.

Later, there are audio recordings of Lester's advanced lectures to the students of St. Donat, which will be of great help in achieving freedom.

DJ 2020-10-12 10:38:46

@Teacher Feng, I'd like to ask you a question. I feel extremely nervous when chatting with one or a few people. I'm afraid to speak, laugh, or look them in the eye. Sometimes I even have the urge to run away. I can release tension when leaving the environment without any problems. I'd like to ask you how I can release tension in these tense situations. Please advise me.

Wind 2020-10-12 10:39:23

Do you want to control that scene?

DJ 2020-10-12 10:39:35

Um

Wind 2020-10-12 10:39:46

Can you sense this desire to control?

DJ 2020-10-12 10:40:22

I was just nervous on set; I

didn't feel anything else . 2020-10-12 10:40:31

Is it possible now?

The desire to control that scene

DJ 2020-10-12 10:40:54

Once you leave this
environment, the
tension disappears
and becomes less
intense.

Wind 2020-10-12 10:41:56

Yes, I know.

But now, do you want to control that scene?

DJ 2020-10-12 10:42:22

Yes

Wind 2020-10-12 10:42:24

You want to be able to release your emotions smoothly in that scenario,
right?

DJ 2020-10-12 10:42:34

right

That's so true
Wind 2020-10-12 10:42:45
Can you sense this desire to control?
DJ 2020-10-12 10:42:56
able
Wind 2020-10-12 10:43:02
Has it left?
DJ 2020-10-12 10:43:32
Once you leave that
scene, everything will be fine .
2020-10-12 10:44:18
Does this mean you want
to control the scene
after you've left? Do you
still want to control
that scene?
Wind 2020-10-12 10:44:31
Now
There's much
less wind now. 2020-10-12
10:45:40
But you still want to control it, right?
DJ 2020-10-12 10:46:02
Teacher, in which environment do I
feel comfortable and able to express myself
freely? (Wind) 2020-10-12 10:46:27
No problem, just keep releasing this control you want, and you'll be
fine.
You can't simultaneously keep this urge to control
inside and smoothly release it because it's working
against you.
So you can now immediately release your desire to control that scene.
If you release enough, you'll find yourself able to release smoothly
the next time you encounter that situation.
DJ 2020-10-12 10:50:55
@Wind ? So, in that kind of environment, it's impossible to
release things smoothly. Because you can't simultaneously keep the urge to
control it inside and release it smoothly.
Wind 2020-10-12 10:51:12
Can
As long as you can notice what
you want to control on-site and
release it.
However, the best time to
release is now; you don't
need to wait until then.
If you now recognize it as a
problem, you can release those

desires for control now.

On October 12, 2020, Feng led a demonstration of the original release steps and explained the key points.

Key points

ZOEY 2020-10-12 08:18:22

@Wind ? Thank you [rose][rose] I have another practical question about release. It's very convenient to release when you're alone. But on weekdays, it feels like there's not enough time. There's one thing to deal with, and no time to be aware of desires and release them before the next one comes along. Do you have any good suggestions for releasing desires during work hours?

风 2020-10-12 08:18:49

你想要控制吗？

我现在可以试着引导你一下
你就按照指示来，你可能会发现它很简单

ZOEY 2020-10-12 08:20:50

是的，想控制

风 2020-10-12 08:20:59

它离开了吗？

ZOEY 2020-10-12 08:21:14

部分离开了

风 2020-10-12 08:21:24

你还有想要控制吗？

ZOEY 2020-10-12 08:21:33

有一些

风 2020-10-12 08:21:42

现在离开了一些吗？

ZOEY 2020-10-12 08:22:12

离开一些了

风 2020-10-12 08:22:16

再看看你还想不想要控制？

ZOEY 2020-10-12 08:22:32

还有一点 风

2020-10-12 08:22:46

离开了吗？

ZOEY 2020-10-12 08:23:20

是的，不断离开，现在很少了

风 2020-10-12 08:23:36

嗯，继续看看有没有想要控制

风 2020-10-12 08:24:16

自己持续这个流程吧

芳菲 2020-10-12 08:34:14

释放感受我觉得是一股能量出去了，释放欲望也是感觉一股能量出去了，我一直记得你说的那个“让感受浮现并离开”，一直在这么操作[吡牙]，释放欲望是把注意力放在想法上？ 还是也是一种更深层次的能量出去了？ @风？

风 2020-10-12 08:34:30

不是想法是想要

是倾向，是意图

试试看那个流程，很管用

Fangfei 2020-10-12 08:40:50

I used to let go of my feelings and move on, but now I'm starting to let go of that tendency, is that right, wind? 2020-10-12 08:41:20

Well, consider whether you currently want to control or agree with something.

Just noticed it
Then check if it has
been released ,
become aware of it,
and allowed to leave.

Fangfei 2020-10-12 08:43:31

Is the desire for control and recognition
also a tendency? (Wind) 2020-10-12 08:44:00

Yes, you want control, you
want recognition, and
that's immediately
apparent.

For example, if you try to
release it now and feel stuck
for a moment, you might want
to control it.

You can easily notice this tendency.

D 2020-10-12 08:49:23

@Wind ? Can I just use three questions
instead of a process? Wind 2020-10-12 08:49:54

Three questions release emotions
When it comes to releasing desires,
there's an even simpler process , like
the one I just guided Zoey through.
This is the simplest way to learn the
methods used in the 5678 videos of the 1992
course, through case studies.
to learn how the
process works is to
experience it yourself.

Watch how others do it, follow along, or have someone
guide you, and you'll learn quickly.

So you will see sedona The institute teaches very little theory, while
the practical part is completely...

It is instance bootstrapping

The entire eight
videos are basically
showing you how
others release
stress. One word I
want to emphasize is:
stir up.

This is a guide that will be frequently used in later videos.

What are your current feelings, and what desires does it arouse ?

Because the previous use of "derived from what desire?" might subconsciously lead people to analyze the reasons with their minds, therefore...

One thing I'd like to emphasize is that you can use Stir. up

Examine your current feelings; see if they evoke a desire to control or a desire to conform, or...

Want to be safe

W
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.
Lester said he wanted recognition +

control = the world
Our world is constructed by these two
desires.
The desire to control
or identify with
anything in the world
becomes more apparent
after you've released a
significant portion of
it.
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You are not free when you are in a state
of wanting.

To be released means you gain a
little freedom ; it wants to
push itself out.

When these desires are continuously released,
you'll feel the mental conflict stop with each
release, and your mind will become much, much
calmer.

At the same time, it will be full of energy.

Each session provides a tremendous
amount of rest for the body and
mind, which is far more effective
than sleep.

Fangfei 2020-10-12 10:41:03

This feeling stems from what desire—thoughts that easily enter the
mind tend to flow superficially, but when asked what desire it "stimulated," the
energy flows deeper. Is this the correct understanding? @风?

Wind 2020-10-12 10:41:26

Because what you're
trying to do is "become
aware of desire," not
analyze it with
knowledge.

Conceptual things do nothing to
help unleash the era of the Internet of

Things 2020-10-12 10:44:44

@Wind ? What desires have been stirred up by your
current feelings? Isn't that something to think about? Wind
2020-10-12 10:44:53

no

It's very
simple if
you want
to control
this.

For example, if you want to change,
you'll immediately realize that the era of the
Internet of Things is upon you. 2020-10-12
10:45:50

For example, the bank just called and said I was a
few days overdue and needed to pay. I felt scared.
This fear. Is it a feeling of

desire or something else? The wind.

2020-10-12 10:48:35

What do you want?

Do you want to push it away? Do you resist it?

Yitian 2020-10-12 10:43:27

@Wind ? What if it's a
pleasant feeling? Wind 2020-10-12
10:43:53

It will also arouse basic desires

You want more of that
pleasurable feeling. You
want to change this bland
feeling.

Uncomfortable feelings, the
desire to escape
them—these are all
attempts to control.

It's actually quite
strange that you have
such tendencies and
intentions.

You live in desire all
the time without even
realizing it.

倚天 2020-10-12 10:52:12

心智的本质就是想要要控制？还有想要搞明白风

2020-10-12 10:52:38

心智的本质是围绕着维持一具身体的生存为

了生存，发展了想要认同和控制

控制包括改变、搞明白、让事情按照自己想要的发生

Yitian 2020-10-12 10:53:16

Could we understand "mindset" as
equivalent to "survival program" ? 2020-10-12

10:53:22

certainly

This is Lester Levenson (The Sedona Method) 's original statement.
survival programs

All feelings are part
of the survival process. 2020-10-12

10:53:47

Oh, wanting to understand
this also falls under the category of
controlling the wind. 2020-10-12

10:53:58

By releasing all feelings, the mind
is completely liberated. (The Heaven Sword and
Dragon Saber) 2020-10-12 10:54:13

The mind is the
software system of
life. What is the
difference between the
mind and the soul?

Wind 2020-10-12 10:54:57

There is no such thing as a soul.
The mind is merely a
collection of thoughts (emotions) and has no soul
in fact.

a glorified concept of the ego.

Lester Levenson (The Sedona Method) 's original words

The mind is the only thing that keeps us from seeing our Infinity. The mind is
nothing but a collection of thoughts of Limitations.

The mind is the only thing that prevents us from seeing the infinite.

The mind is merely a
collection of limiting

thoughts and nothing more.

The soul is merely a concept created by people who believe that this collection is "me".

Fangfei 2020-10-12 11:04:35

If it's not me
releasing it,
then what is it?
Does desire itself

want to leave? (Wind) 2020-10-12

11:05:09

It is you who are releasing it.
It is also desire
itself that wants to
leave , but I am an
infinite existence.

Therefore, they have the ability to release

Any "I am" that your mind tells you is actually wrong. The mind cannot imagine infinite existence.

The soul as we understand it is such a product of imagination.

Therefore, if you continue to release it, you will have more direct experience of "me" and its fragrance. 2020-10-12 11:14:15

Continuous release involves focusing awareness on inner feelings (inclinations) and then continuously letting them go.

Okay?

Wind 2020-10-12 11:14:33

You can understand it this way.

When doing it, you are constantly aware of the three major desires, then you let one go, and another one comes, and you let it go again, and so on, letting it go again and again.

Fangfei to appear

later. 2020-10-12 11:17:44

Yes, I find myself constantly trying to control.

Is wish fulfillment a form of control? (Wind) 2020-10-12 11:18:39

Control is a good thing

What is being released is the desire to control
Every time you release your desire to control, you'll find yourself in greater control because wanting equals lacking.

Fangfei 2020-10-12 11:19:07

I had an idea before I went to sleep last night, and it came true today. It perfectly corresponds to the idea that I wanted to control but couldn't.

Wind 2020-10-12 11:19:29

That's great, why not make it the norm?

Why not make it your main way of life?

Hmm, check it out.

Every time you release the urge to control, you become more in control; but once you try to control, you lose control.

芳菲 2020-10-12 11:20:47

我觉得有一个更大的力量和安排，我需要臣服风

也是想要控制的倾向
也要被释放

Fangfei 2020-10-12 11:22:48

Everyone can make things happen according to
their own wishes, right? (Wind) 2020-10-12 11:23:02

Everything is created.

Every single thought can
manifest as wish
fulfillment; this is not
an isolated case.

It is the way the
world works . 2020-10-12
11:23:28

Now that my wishes are coming true, I still wonder if I'm
in control. I want to entrust it to God. I realize that
I'm afraid things won't go as I want, and I'll be
disappointed, so I've entrusted it to God.

There's still a
desire inside, a sense of scarcity.

2020-10-12 11:24:55

Release these deficiencies
You will be more free each time
Freedom is something you have to
experience to understand. We like
to restrict freedom with our
minds. [laughing]

Wind 2020-10-12 11:28:10

@BethlehemStar , how's the
release going? BethlehemStar 2020-10-12
11:28:33

I can't say for sure.
You've been in
seclusion these past
few days, so keep doing
the release exercises.

Wind 2020-10-12 11:28:51

Um
One person did
the release
and did

nothing else.

The era of the Internet of Everything 2020-10-12 11:29:47

If you release yourself without any
immediate visual triggers, do you have to "imagine" it?

(Wind) 2020-10-12 11:29:54

Need not

The era of the Internet of Everything

2020-10-12 11:30:26

What does that mean?

@Wind ? How do

I operate Wind? 2020-10-12

11:31:06

You're like being in

water, surrounded by

water and wanting...

Does it need to be stimulated?

Once one is released,

just bring in another to

observe.

D 2020-10-12 12:25:33

you simply let go of all your anxieties about rent, and then effortlessly think, "My rent always comes on time," and that's it? @Wind ?

Wind 2020-10-12 12:26:29

You don't need to
have this idea , but
I actually don't
recommend doing it
this way. You can do
it if you want.
Just keep releasing your desire for
control, recognition, and security.

Su 2020-10-12 12:29:37

@Wind ? Sometimes I feel anxious about my finances, and dividing it into three main desires doesn't seem quite accurate. Is it possible to simply release the feeling of anxiety? What's the correct way to do this?

Wind 2020-10-12 12:30:43

You don't need to suppress that feeling of anxiety.
But what is your desire? Do you want to
change it? If you want to change it,
then you want to control it.
Sometimes you feel the need for security
The more you become aware of a particular aspect, the more you can release
that aspect.

慧轩 2020-10-12 12:35:20

想要控制和想要认同同时存在吗风

2020-10-12 12:37:04

很多时候是

因为想要控制实际上也是想要认同发展出来的觉察到哪个释放哪
个

比如你现在就是想要在表面那就释放想要控制
如果你想要跳过这个过程，实际上就是被想要控制运作了你会卡住

Miracle 2020-10-12 12:42:24

I've been resisting letting
go lately, resisting the feeling of the
wind. 2020-10-12 12:42:27

Um

aversion

Rejection is a feeling

When you feel resistance, your immediate urge is to control it.

Once you release the urge to control, the

feeling of resistance will dissipate. Try it.

hai 2020-10-12 12:56:27

@Wind ? Teacher Wind, how

do you release diseases ? 2020-10-12

12:57:04

Releasing the desire for control, acceptance, and safety brought about by the disease

hai 2020-10-12 13:00:51

@风?比如我腰疼,我怎么释放呢,是看看对腰的情绪吗,然后再看看激发什么欲望,再释放吗

风 2020-10-12 13:01:08

你想要改变它吗?

hai 2020-10-12 13:01:13

想啊

风 2020-10-12 13:01:20

你能觉察到吗?

hai 2020-10-12 13:01:26

能

风 2020-10-12 13:01:47

看看它有没有被释放?

hai 2020-10-12 13:02:15

有一些,就这样释放想改变就可以了么

Wind 2020-10-12 13:02:21

Um

There is still
something left to
change ; continue
to be aware of it.

Then check if it has left.

Take another look. If you
still want to change, then
let go.

You release what you are most aware of.

The following will naturally become apparent, allowing you to clearly
perceive it.

hai 2020-10-12 13:04:47

It's okay if I don't have to release it
the way it's written in the book of abundance, right ?

2020-10-12 13:04:56

Okay, no need.

I meant just
releasing the
original process.

Implanting beliefs is a method in "The Path to Ultimate Freedom , " and
it's 早a teaching method . The principle is correct , but it's not
applicable .

时代万物互联 2020-10-12 13:07:54

释放不是想要改变吗？

风 2020-10-12 13:08:08

释放是改变 不是想要改变

控制，认同，安全，这些都是好东西想要则不是
想要等于匮乏

D 2020-10-12 13:08:48

Just like the wind said, "The Road to Ultimate Freedom" has too high a starting point .

2020-10-12 13:09:55

The main problem
is that the
method is
inapplicable, but
the principle is
correct.

The method was
inapplicable, as Lester
verified; he hadn't taught
many students using those
methods.

Wind 2020-10-12 13:14:21

I've also gone into
seclusion to release
my pent-up emotions.
See you later.

2020-10-14 (New) Continuous Experience Sharing

Wind 2020-10-14 12:42:38

I've been releasing this energy for the past few days and have had some experiences.

I didn't share this a couple of days ago
because it might have been due to some
influence. Now I'll talk about some things
in the hopes of inspiring you.

This is a chat between me and a friend;

I've removed his part. (Wind 2020-10-14 12:45:54)

[Chat Log of the Wind and the Star of Bethlehem]

【

Wind: I've been experiencing some
things during these past few days of
continuous release. Wind: The
continuous release does indeed involve
a strong release of energy.

Wind: And it did indeed leave
the center of my body twice.

Wind: I just couldn't sit

still last night...

】

Wind 2020-10-14 12:47:30

[Chat Log of the Wind and the Star of Bethlehem]

【

Wind: I must say, you
reminded me. Wind: I seem
to have not released...

Wind: I've discovered that when you release yourself really well , the form
of resistance changes.

】

D 2020-10-14 12:47:43

How come I don't realize that every time I
move my body, I'm trying to control it?
How can I become as aware as you are?

Wind 2020-10-14 12:48:14

Continue to release

Because the desire for control is a
fundamental tendency that you can immediately
perceive. (I am Unlimited 2020-10-14 12:57:13)

@Wind, you're releasing what you want to control, but what I release
is mostly what I want to change, with very little about control. I think the
desire to control is made up of a lot of desires to change. What's your opinion?

The course aims to control
Lester often speaks using
the phrase "want to
change, but he'll say it
like that."

Wanting to change, wanting to push it away,
wanting to grasp it—these are all forms of
wanting to control. Wanting to change is a kind
of wanting to control.

To be more specific, let's say we
sometimes want to change.

Sometimes we want to maintain

This is all wanting of control

I am Infinite 2020-10-14 13:00:05

Yes, what you said
is very good. (Feng, 2020-10-14
13:00:16)

I've been using the release method on and off
for six years, and it hasn't been as effective
as using it consistently for just a few days.

How important consistency is!

I am Infinite 2020-10-14 13:01:09

Yes, continuous release will deepen the
impact. Intermittent release won't work. (2020-10-14
13:01:57)

I've come to understand what Lester meant in the
video: helping others is helping yourself. Some
time ago, I translated Lester's audio recordings
and his 1992 Liberation Method course.

During the translation process, I
essentially reviewed the material again,
and this time I discovered issues that I
hadn't noticed even after listening to
it many times. This allowed me to
continue translating.

I am Infinite 2020-10-14 13:03:13

The method for sustained release is crucial.
Previously, without a suitable method, sustained
release was impossible because the method used was
the stimulation method, which is difficult to
sustain.

What is your process of continuously releasing your fear of

death like? What are the general methods and procedures? @风风2020-10-14
13:05:05

Lester: Releasing the desire for approval and control is also a shortcut, compared to releasing all the emotions beneath them. Approval and control. When you no longer want approval and control, all the emotions beneath them leave. But until you release the fear of death, you still have the desire for approval and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to approve, and that way you'll be safe. That's control. But when you release the desire for approval and control, all the feelings beneath it leave. What's left is just the desire for approval and control, which you release by releasing the fear of death. When you get there, it's very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it just pushes itself out. Then you laugh, and your mind shuts down. That...

What a stupid joke. It plays on your true self, thinking you are limited, but you never are.

Wind 2020-10-14 13:05:19

The method is very simple.

Keep these six steps with you.
What am I feeling right now? Do I want to control or do I want to be accepted? Can you sense it?
Has it left?
Can you detect any further desire for control or validation? Can you let it go?

Wind 2020-10-14 13:07:02

I used the 1992 release method to release desires. Each time I released desires, I saw a little bit of freedom.
Then I would remind myself of the fourth step: continuous release.
The method for continuous release is to keep examining whether I want to control or identify with something. If I feel unclear about this, I can immediately sense that I want to change the situation, which is actually a desire for control.
Upon noticing it, there is an immediate tendency to let it go.
Of course, there were many situations along the way that made me stop (get stuck). I noticed these and reminded myself of step four (continuous release).
If you find yourself straining, trying too hard, or getting stuck, remind yourself of step five (releasing the desire to change) .
Later, when intense joy welled up, I lacked the motivation to release it, reminding myself of the first step (what I wanted).

It is
freedom)

When you don't know what to release, remind yourself of step three (all feelings stem from a desire to control or identify with them).

I am Infinite 2020-10-14 13:11:57

I realized that when I was continuously releasing my emotions, I focused too much on the feelings. I should have focused directly on the desire to control or the desire for validation.

Wind 2020-10-14 13:11:59

At these times, I immediately realize that this desire to control or identify will come and go, one by one.

One comes, one goes.

The fear of death (and the desire to survive), as Lester said, spontaneously surfaced.

I am Infinite 2020-10-14 13:12:48

And it is true that they want to control; wanting to change is only part of what they want to control. (Wind, 2020-10-14 13:13:10)

The first time you overcome your fear of death is the most difficult.

When the fear of death first arises, it's like pulling your hand back immediately upon touching a scalding fire.

I repeatedly released what I wanted to control.

Then when you touch it again, it releases once, and then it's simple.

The tendency to avoid death is so strong that we tend to suppress our fear of death deep within ourselves. Each time we release that fear (the desire to survive) , it weakens this tendency to avoid death.

Wind 2020-10-14 13:17:35

I'll finish this first and then share it. I'm going to take a break now. Good luck everyone, see you later!

2020-10-15 (New) Feng explains what it means to want to control, what it means to be stuck, and...

Leading to release the desire to control and trap

[Heart] Happy Kitty [Heart] 2020-10-14 12:05:14

There are often mild anxieties, worries, and fears that are not easily noticed unless you look closely. If you release these feelings, wouldn't that be releasing your deepest fears?

Wind 2020-10-14 12:10:35

No, that one is here. (Note: This refers to the energy level of fear .)

Lester's "fear of death" is expressed in the release therapy course as "the desire to survive/be safe".

This is the bottom layer.

Keep releasing, I'm going back into seclusion.

ZOEY 2020-10-14 12:19:22

@Feng ? Teacher Feng, could you wait a moment? I have a question . 2020-10-14 12:19:46

Um

ZOEY 2020-10-14 12:21:18

释放欲望，觉察“想要”时，有时会冒出来，想要就等于匮乏——这算是走思维了吗？

还是一定要只是觉察，只是去觉察那个“想要”以及放它离开风

2020-10-14 12:22:02

你想要搞清楚这个问题吗？

ZOEY 2020-10-14 12:22:52

恩，是，又是想要控制了。。。风

2020-10-14 12:23:03

你现在能够觉察到那个想要控制吗？

do it

ZOEY 2020-10-14 12:24:05

是的

风 2020-10-14 12:24:21

它离开了吗？

ZOEY 2020-10-14 12:24:36

部分吧，我继续流程

当我出现疑问的时候，就去释放想要搞清楚，想要控制风

2020-10-14 12:24:40

看看你对那个问题还有更多的想要控制吗？

Yeah, just do it

The answer that belongs to you is right there.
fixing your mind with a theory. A thousand
explanations are not as good as one experience.

Therefore, use this process to handle any problem.

D 2020-10-14 12:41:25

@Wind ? I have an exam coming up. If I release "perfect wisdom," will I eventually attain perfect wisdom and get a perfect score?

Wind 2020-10-14 12:41:34

Can

D 2020-10-14 12:47:43

How come I don't realize that every time I make my body "move," I'm trying to control it? How can I become as aware as you are?

Wind 2020-10-14 12:48:14

Continue to release

D 2020-10-14 12:48:18

Why, after feeling tired, do we release what we want to control, instead of simply releasing the urge to sleep? (Wind) 2020-10-14 12:48:41

Because the desire for control is a fundamental tendency that you can immediately perceive, I continued to release it.
come on

我 2020-10-14 12:57:13

@风?你是释放想要控制，但是我释放的都是想要改变，想要控制很少，我觉得想要控制是一大堆想要改变组成的，你是怎么看？

风 2020-10-14 12:57:40

课程是想要控制

莱斯特说话时经常用想要改变但是他会那样说

想要改变、想要推开它、想要抓住它，这都是想要控制想要改变是想要控制的一种

如果要说的针对性一点，那就说想要改变有时候我们想要改变

有时候我们想要维持

这都是 wanting of control

风 2020-10-15 10:59:12

控制，是卡住的唯一成分

这个我准备记录在我的 gain book 里这是我目前随着释放记录下来的领悟



外面没有任何东西，事物的唯一成分就是我的感受，它们都是想要控制和想要认同。

无限能量是被我时时刻刻压抑着，当我释放了一个欲望，就会涌现出一部分。

我不需要通过心智来了解一个事物，每一个念头都遮蔽了一些本来的“知道”，当我抛弃知识和心智时，我直接知道每一件事。

持续释放，只是持续释放，道路已然清晰，终点就在眼前，只要继续下去。

贯彻六步骤。当我不想要自由时，提醒自己自由有多好。做出决定。所有明显和不明显的感受都是想要控制和想要认同，释放它们。每一次释放都会让我更自由。

我不可能卡住，因为我的卡住实际上是想要改变。这是一个需要释放的东西。释放不可能被卡住，它不可能被动停下来。



我并非必须去思考、努力在那些我想要获得的事物上，比如想要被认同，也能拥有它。

如果你不释放那个卡，以及小的倾向，就是让它运作你 (let it run you)，越卡，越要继续释放。

如果你不释放你用来逃避的倾向，那么你就会逃避，把你想要逃避的更深的东西压在下面。

找到对你有用的一条指引，去做，而不是纠结于几条指引让自己陷入困惑。

深刻体验到我们时时刻刻都活在“想要”里。释放了一个“想要”的动机，会终止相关的情绪和念头，感受到一种深沉的宁静。持续地释放“想要”，会不断削弱作为“做者”的意识，使生命更像是一种一幕接一幕的“发生”。

外面没有任何东西，事物的唯一成分就是我的感受，它们都是想要控制和想要认同。

我 2020-10-15 11:06:00

@风?是的，我在释放卡住的时候也发现这一点，就是想要控制，就卡了，其实我感觉就是整个的情绪欲望都是卡，一层层卡在堆叠，一起覆盖住了死亡恐惧

风 2020-10-15 11:07:03

想要认同和想要生存（对死亡的恐惧）不会自动卡住它
会立即发展一个想要控制来卡住它

释放了这个它发展出来的想要控制，你就能直接面对它它
就立即被释放了
释放了想要控制，你就立刻感觉到一切尽在掌控（顺畅）
释放了想要认同，你能立即感觉到爱
释放了想要生存和安全，你就能感觉到安全
用这个确认释放
这是第六步
六步骤是全部
莱斯特说过，take the six step
把六步骤贯彻下去就好了，所有走到终点需要的东西都在六步骤里

However, on October 15, 2020 11:12:54

A sense of emptiness; should I use
imagination to evoke these feelings? Wind 2020-10-15
11:13:08

It depends on your stage.
If you are in the learning
stage of releasing, you need
to; if you already know how to
release, you don't need to.
Release the desire to change
the blank
The feeling of emptiness becomes clear.
post graduated way of releasing

A carefree life 2020-10-15 11:23:22

I can't feel it, but when I see something
outside, I feel a desire to control it; the anger has lost
its force. 2020-10-15 11:23:37

Do you want to
feel that? (A relaxed life -
2020-10-15) 11:23:49

Yes

Wind 2020-10-15 11:24:02

Can you sense this desire
to feel? This is the desire
to control.

A carefree life 2020-10-15 11:25:34

Oh, I don't know how to release it if I don't ask you. I can't feel

风 2020-10-15 11:26:16

此刻你能觉察到这个想要控制吗？自

在人生 2020-10-15 11:26:56

觉察不到，感觉很平静

风 2020-10-15 11:27:05

anything. Does releasing control have any effect?

Has it left?

A carefree life 2020-10-15

11:27:55

No feeling

Wind 2020-10-15 11:28:16

Do you still want to control
this release process? Is there
a clear desire to control it
at this point?

A carefree life 2020-10-15

11:28:32

Yes

Wind 2020-10-15 11:28:43

Just remain aware

A carefree life 2020-10-15

11:28:50

have no idea

Wind 2020-10-15 11:29:20

Hmm, do you want to control this
ambiguity? A carefree life. 2020-10-15 11:29:33

Yes

Wind 2020-10-15 11:29:48

Look at this thing that tried to
control itself, has it left? A life of
freedom. 2020-10-15 11:30:13

Unclear

Wind 2020-10-15 11:30:22

Okay, let's look at what you want to control.

You still want to control this
ambiguity, right? A free and easy life.

2020-10-15 11:30:44

right

Wind 2020-10-15 11:30:55

Look at it, has it been
released? A life of freedom.

2020-10-15 11:31:20

Not obvious

Wind 2020-10-15 11:31:35

Hmm, can you see this clearly?

Can you see the subtle feeling you want
to change? A life of ease. 2020-10-15 11:31:51

Cannot see

Wind 2020-10-15 11:32:03

Do you want to control
what you see? A life of freedom.

2020-10-15 11:32:14

Yes

Wind 2020-10-15 11:32:24

Hmm, has it left?

(Posted by Zizai Rensheng,

October 15, 2020) 11:32:43

Yes

Wind 2020-10-15 11:32:55

再看看，你还有更多的想要控制吗？允
许它继续浮现出来

A carefree life 2020-10-15 11:37:05

Thank you, Feng. The guidance you gave them that day was something I tried myself later, and I felt very peaceful inside. I couldn't see any anger outside anymore. I felt joy inside, but I didn't know how to release it. Thank you, @Feng ! [clasped hands][clasped hands][clasped hands]

Wind 2020-10-15 11:37:59

You're welcome

Rong 2020-10-15 11:36:40

@Wind ?MasterWind, what should I do if I just can't release it? [Crying][Awkward] I've asked all sorts of questions, but I still can't get it out. I just feel a tightness in my chest and a sense of unease.

风 2020-10-15 11:38:25

此刻你能注意到这个不放心的感觉吗？戎

2020-10-15 11:38:33

@风?风大师 我释放自己 怎么问都是不愿意能

风 2020-10-15 11:38:51

你想要控制它吗？

戎 2020-10-15 11:38:59

想

风 2020-10-15 11:39:03

觉察到想要控制它离开了吗？

戎 2020-10-15 11:39:12

嗯 没有

风 2020-10-15 11:39:28

再看看，你还想要控制现在这个感觉吗？戎

2020-10-15 11:39:48

不知道

风 2020-10-15 11:39:57

不清晰

戎 2020-10-15 11:40:07

嗯

风 2020-10-15 11:40:10

你想要控制它变得清晰吗？

戎 2020-10-15 11:40:53

想

风 2020-10-15 11:41:14

它离开了吗？

戎 2020-10-15 11:41:31

还没有

风 2020-10-15 11:41:34

再看看，你这个想要控制还有吗？只是允许自己觉察到

戎 2020-10-15 11:42:47

觉察到 还有
但是好多了

风 2020-10-15 11:43:15

嗯，你能允许剩下的想要控制被觉察到吗？看看它有没有被释放？

戎 2020-10-15 11:43:36

允许

风 2020-10-15 11:44:07

嗯，它离开了吗？

戎 2020-10-15 11:44:08

嗯 好多了

win 2020-10-15 11:44:17

d

Continue this process

Until you feel free

Ron 2020-10-15 11:44:31

g

It's just much better.

But it's much more
comfortable.

win 2020-10-15 11:44:48

d

Yes, so we need to
continue releasing it.

Ron 2020-10-15 11:45:05

g

Thank you, Master.

Thank you!

[coffee][rose]

@Wind ? Thank you,
thank you.

win 2020-10-15 11:46:32

d

You're welcome

紫 2020-10-15 11:45:09

释放想要犯困睡觉怎么办？

一到释放想要犯困睡觉

风 2020-10-15 11:45:33

你想要控制那个犯困的状况吗？紫

2020-10-15 11:45:42

I want to change this stuck situation [facepalm] but I can't get out of it, I'm so discouraged.

Wind 2020-10-15 11:47:26

Can you feel this sense of discouragement? Purple 2020-10-15 11:47:49

Sensing the sense of control I wanted to release, I'm about to successfully unleash the [facepalm] wind. 2020-10-15 11:48:02

Hmm, can you notice it? Purple 2020-10-15 11:48:19

Notice
Wind 2020-10-15 11:48:37

Has it left?
Purple 2020-10-15 11:49:36

It seems a bit better now. 2020-10-15 11:49:53

Hmm, do you still want to control it? (Wind) 2020-10-15 11:50:00

Allow yourself to become aware of the remaining desire to control purple 2020-10-15 11:50:39

There seems to be a sense of urgency . 2020-10-15 11:50:49

Do you want to change it? Purple 2020-10-15 11:50:57

think
Wind 2020-10-15 11:51:04

Look at this, it wanted to change, but has it left? Purple 2020-10-15 11:52:36

the wind is less noticeable now. 2020-10-15 11:52:56

Do you want to change this subtle feeling? Purple 2020-10-15 11:53:41

I don't know if it's been released

or if it's become blurry again; it's
a bit blank, without any thoughts or
feelings.

Wind 2020-10-15 11:54:59

That means it wasn't released.

Look at this blank space, do you want to
change it? Purple 2020-10-15 11:56:10

I don't seem to really want to
change it, and I'm feeling a bit
sleepy . Am I trying to avoid
it?

Wind 2020-10-15 11:56:57

Are you feeling
comfortable right now? (Purple)

2020-10-15 11:57:30

Better than before

风 2020-10-15 11:57:52
你想继续待在这个感受中，还是不想？紫
2020-10-15 11:58:10
好像没有那么强迫自己
有感觉好像对自己放弃了[捂脸] 继
续待在这个感受中是什么？@风？
风 2020-10-15 11:58:54
想要维持这个状况
也是想要控制
想要控制有不同的表现方式
一个你不喜欢的东西，你想要改变一
个你喜欢的东西，你想要维持
attachment and aversion

Early summer 2020-10-15 11:59:38

I want to release the anxiety and worry I feel when my child is sick. @Wind

风 2020-10-15 12:00:05
此刻你能感受到这个焦虑和担心吗？初
夏 2020-10-15 12:00:15
能感受到 风
2020-10-15 12:00:27
你想要控制吗？
初夏 2020-10-15 12:00:35
想控制
风 2020-10-15 12:00:50
只是觉察到这个想要控制
初夏 2020-10-15 12:01:04
能察觉到 风
2020-10-15 12:01:21
它离开了吗？
初夏 2020-10-15 12:01:24
离开了很多
但还有
继续观察，又离开了一些
风 2020-10-15 12:01:48
嗯，允许自己觉察到更多的想要控制初
夏 2020-10-15 12:02:17
还是有紧紧抓着，放不开的地方风
2020-10-15 12:02:18
允许它离开
你想要控制这个紧紧抓着的的地方吗？你
想要改变它吗？

初夏 2020-10-15 12:02:40

想

风 2020-10-15 12:03:18

觉察到这个想要改变

初夏 2020-10-15 12:03:26

觉察到了 风

2020-10-15 12:03:29

它离开了吗?

初夏 2020-10-15 12:03:33

离开了

谢谢??

风 2020-10-15 12:03:46

看看, 你还想要改变这个状况吗? 允

许更多的想要改变

被觉察到

初夏 2020-10-15 12:03:57

还有

但是少了很多

风 2020-10-15 12:04:00

不客气

继续流程

直到你释放完

October 15, 2020: The wind continues to guide the original release process. If you release something you think is impossible, after the release, that impossibility seems more likely .

wind 2020-10-15 17:40:58

We need to remind ourselves to use

step six to verify this point.

Each release will be easier,

happier, and freer.

If you feel more pain, you'll realize

you're stuck. Freedom is freedom; it

doesn't need to be limited by any

conceptual framework.

Once you define "freedom" based on your limited

experience, you actually limit yourself to it. Before we

reach it, we truly cannot comprehend its magnificence.

However, after the release, you

feel noticeably freer than before,

which is something you can clearly

experience.

For example, after you release yourself, do you feel more free?

Does the impossible become

possible if you release

something you thought was

impossible, and then...?

The impossible now seems more likely.

Fangfei 2020-10-15 17:45:07

What does
this mean? (Wind,
2020-10-15 17:45:28)

Have you ever thought
something was impossible? (Fangfei,
2020-10-15 17:45:34)

I think it's impossible—for example, I
think it's impossible for me to win the
Nobel Prize.

wind 2020-10-15 17:45:39

Um

How do you feel about it? Do you want
to control it or identify with it? Fangfei 2020-10-15
17:47:53

When I thought I was going to win the Nobel
Prize—my mind kept telling me it was impossible . (2020-10-15
17:48:21)

There's a desire for control or
validation, isn't there? You can
sense it now.

Fangfei 2020-10-15 17:48:31

wind
control 2020-10-15
17:48:36

Um

wind 2020-10-15 17:48:41

Can you perceive this
desire to control? Just
perceive it?

Fangfei 2020-10-15 17:48:58

Yes, like an
invisible hand . (2020-10-15
17:49:18)

Has it left?

Fangfei 2020-10-15
17:50:36

Seeing this control system makes me feel
uncomfortable and suffocated. (2020-10-15 17:51:06)

Hmm, can you
still detect it?
Want to control

it ?

Ruilan 2020-10-15 17:56:31

After the release, I felt a
little less of the invisible
constraints, a slight sense
of loosening my grip and
letting go.

wind 2020-10-15

After releasing your inhibitions, you can examine
yourself. You'll find that you have fewer limiting
thoughts, and things that seemed impossible before
will seem more possible.

This is greater freedom

Lester Levenson (The Sedona Method) once said a quote
Every impossible, no matter how impossible, become immediately a possible as you
completely released on it.

Therefore, freedom is something you can clearly experience.

Hao Xiangyang 2020-10-15 17:57:29

@Wind ? How to actively release emotions when you don't feel anything?

wind 2020-10-15 17:57:50

Do you want to change this
emotionless state? Are you aware
that you want to change?

Unintentional 2020-10-15 17:58:57

I have this
problem too .

wind 2020-10-15 17:59:31

Yes, make yourself more aware of it.
Has this desire for change

been released? (Wu Xin , 2020-10-15
18:00:23)

No

wind 2020-10-15 18:00:36

Can you still sense
a desire for change? (Wu Xin ,
2020-10-15 18:00:47)

right

wind 2020-10-15 18:01:05

Yes, allow yourself
to be aware of it
unintentionally. (2020-10-15
18:01:23)

Want to let
my emotions out (October
15, 2020, 18:01:32)

Let's see, has this person
wanted to change and left? (Wu Xin,
2020-10-15 18:01:49)

besides

wind 2020-10-15 18:02:17

Did you realize
this and want to
change it, then
leave?

Unintentional 2020-10-15 18:03:01

A little

wind 2020-10-15

18:03:10

 Hmm, is there
anything else you want to change?

(Wu Xin, 2020-10-15 18:03:35)

 have

 I
understand the wind

(2020-10-15) 18:03:44

 Can we allow it to surface?

 Okay, let's continue with this process.

Hao Xiangyang 2020-10-15 18:06:01

 Do we even want to release what we want to release?

wind 2020-10-15 18:06:19

Yes, this is about wanting
control, and it makes you
stuck in the desire for
control = you'll get stuck.
Continue to release

无心 2020-10-15 18:08:55

@风?没感觉平静的时候就这样问, 有了感觉就释放掉, 平静了再这样问, 这样就能做到持续释放了, 对吗?

风 2020-10-15 18:09:31

有了感觉, 也可以看看它是想要认同还是想要控制然后这样释放
没有感觉, 你对它的想要控制 (改变) 就很明显了每次你说你没感觉时, 实际上就有一个想要控制并不是没有感觉, 只是没有一个你想要的感觉
你看, 释放法的问题通过六步骤就能解决

I 2020-10-15 18:39:56

The release method is actually very simple. Just like today, with a little teaching and discussion, you can learn it and make progress with a little guidance.

wind 2020-10-15 18:44:00

Hmm, the release method is indeed very simple. I just thought of something fun.

When I first learned the release technique, my mind always resisted using it because it seemed so simple.

I wondered: Could it be that after learning Pali, reading the Tripitaka, studying German and researching classical philosophy, and learning countless Buddhist, Taoist, philosophical, and theological theories, I ended up using such a simple method?

I was very resistant to using the release method at the time; the more effective it was, the more conflicted I became.

Did I learn all this for
nothing? Now I can answer
myself definitively: yes,
I learned it all for
nothing.

Those who crave freedom
won't deceive themselves .

(2020-10-15 18:49:02)

Not only was it a waste of knowledge, but it was also something to 早早be
discarded. Just like Lester threw away all his learning and then went directly
to explore...

So

wind 2020-10-15 18:50:21

With the release, although I argued with others less and less, my inner
conviction grew stronger.

Unintentional 2020-10-15 19:00:07

Whoever's luck in releasing wealth
increases from now on will receive a red envelope
to celebrate . (2020-10-15 19:00:53)

I've been freed from
the need to run my
life; now I basically
don't need money to
live.

For example, I'm currently in Shanghai, and a friend has to go home for some business, so he asked me to look after his house for the next few days, and I'm staying there.

release

Wisdom's guidance 2020-10-15 19:03:02

How many hours a day do you release?

Is it all about releasing emotions by reminiscing about the past, or is it about setting goals to release emotions? (2020-10-15 19:03:31)

The release was delayed for quite a while today, about five and a half hours.

Wisdom's guidance 2020-10-15 19:04:03

Aside from eating and sleeping, you spend most of your time talking about letting go? (Wind, 2020-10-15 19:04:15)

The past few days have seen 24-hour releases. Without setting a goal, just keep the six steps with you, release them one by one as they come, and it will take a few days.

wind 2020-10-15 19:05:35

It should have been a week since the guidance of wisdom on October 15, 2020.
19:05:16

In previous years, the release was intermittent. (2020-10-15 19:05:46)

Yes, in the past few years, it's been about taking small sips of wisdom as guidance. (2020-10-15 19:05:50)

Is this the rhythm of awakening ? (2020-10-15 19:06:03)

This is the goal.
Wisdom's guidance 2020-10-15 19:06:16

Don't forget your group members after you've

awakened. (2020-10-15 19:06:25)

Haha, that's a must!

I've awakened! Can I teleport to you instantly to find you?

Teleport

I 2020-10-15 19:08:00

@Wind? When you continuously release your desire to control or to be recognized, is the desire something that comes with it and is it something you see yourself, or is it just the desire itself that comes out?

wind 2020-10-15 19:08:28

I focus on two

things I want;

sometimes, it's

something that

accompanies things.

Sometimes, it's just a

desire I don't care about.

Focus only on what you want

The era of the Internet of Everything 2020-10-15 19:08:52

@Teacher Feng, please guide me.

[Pouting][Pouting]

Is that okay? Wind 2020-10-15

19:09:05

What do you want to release?

The era of the Internet of Everything 2020-10-15 19:09:11

I have a tightness in my
chest for several days
now, and it hasn't been
relieved.

wind 2020-10-15 19:09:42

Do you want to change
this situation? (2020-10-15
19:09:49)

think

wind 2020-10-15 19:10:12

Can you sense this desire
for change? (2020-10-15 19:10:25)

Not quite
sure, wind 2020-10-15
19:10:34

It doesn't matter

Do you want to see it clearly?

The era of the Internet of Everything 2020-10-15 19:10:54

Um

wind 2020-10-15 19:11:04

Can you detect this
desire for control? (2020-10-15
19:11:06)

I want to see clearly what
desire is. (Unclear - Wind , 2020-10-15
19:12:04)

Isn't it clear you want
to change this? (2020-10-15
19:12:15)

A little

wind 2020-10-15 19:12:25

Do you want it
to leave?

The era of the Internet of Everything 2020-10-15 19:12:37

I saw a
little bit, the wind

2020-10-15 19:12:56

 Hmm, let me think about it
again. Do you still want to make changes? (
2020-10-15 19:13:18)

 Not very
clear yet, wind 2020-10-15
19:13:50

 Do you want it clearer?
The era of the Internet of Everything 2020-10-15 19:13:56

 Um.
wind 2020-10-15 19:14:06

 Do you want this?

The era of the Internet of Everything 2020-10-15 19:14:27

I saw

wind 2020-10-15 19:14:35

Yes, be aware of it.

Has it been released?

The era of the Internet of Everything 2020-10-15 19:14:52

Release a

little breeze

2020-10-15 19:15:09

Hmm, there's still some left, right?

The era of the Internet of Everything 2020-10-15 19:15:16

Um

wind 2020-10-15 19:15:18

Let it surface

and see if it

leaves.

The era of the Internet of Everything 2020-10-15 19:16:36

not yet

wind 2020-10-15 19:16:46

Do you want to control

this process? (2020-10-15

19:16:58)

Want to hurry

wind 2020-10-15 19:17:10

Hmm, can you sense this desire

to control? (2020-10-15 19:17:26)

Not very

clear wind 2020-10-15

19:17:45

You still want to see

things more clearly, right? (2020-10-15

19:17:51, Internet of Everything)

yes

wind 2020-10-15 19:18:01

Have you allowed

yourself to become

aware of this desire

to be released?

The era of the Internet of Everything 2020-10-15 19:19:40

uncertain

wind 2020-10-15 19:20:15

Do you still want control?

The era of the Internet of Everything 2020-10-15 19:20:49

think

wind 2020-10-15 19:20:59

Can you detect it?

The era of the Internet of Everything 2020-10-15 19:21:06

able

wind 2020-10-15 19:21:14

Did they let them go?

时代万物互联 2020-10-15 19:21:42

走了点

风 2020-10-15 19:21:52

嗯，还能觉察到吗？

时代万物互联 2020-10-15 19:22:18

感觉有

风 2020-10-15 19:22:48

继续觉察

The era of the Internet of Everything 2020-10-15 19:23:19

[Strong] Thank

you, teacher. I

feel like I'm

getting the

hang of it.

ZOEY 2020-10-15 19:21:55

@Wind? Is it the kind that never

sleeps? Or does it release energy after waking up? (

Wind 2020-10-15 19:22:13)

On the third day of my

continuous release, I

stopped feeling sleepy,

except for taking a short

nap at noon today.

I didn't sleep for the next few days.

ZOEY 2020-10-15 19:22:46

Not tired at

all? (Wind, 2020-10-15

19:23:04)

Yes, you even need to run to

release excess energy as it

keeps flowing out.

It lasted for

a long time

but has now

calmed down

considerably.

However, I can still feel a lot of energy.

ZOEY 2020-10-15 19:25:56

@Wind? I'd like to ask, is this lack of sleep a natural result, or

did you have a prior goal in mind? Wind 2020-10-15 19:26:25

Without this goal

Just remember to keep releasing
Then I naturally slept less the next day.
Upon waking up and seeing the
six-step procedure posted on
the ceiling, my first reaction
was to continue releasing the
energy.

By the third day, each release brought forth a
surge of intense energy, leaving the body feeling
extremely comfortable.

Then, if we release it again, our
bodies can't handle it, so our
bodies are really fragile.

This retreat experience was unique.

This is an upper limit I've never experienced before.

ZOEY 2020-10-15 19:29:51

What do you mean by "can't take
it anymore"? Do I need to rest? (Wind,
2020-10-15 19:29:59)

Need to vent

I was running on the overpass.

The era of the Internet of Everything 2020-10-15 19:32:24

I feel like I'm

still at the

basic level

while you guys

are already at

the advanced

level.

wind 2020-10-15 19:32:53

From basic to advanced, it only takes less
than a week of consistent release; this
hurdle isn't that difficult.

Okay... after chatting, I
successfully got it. I went down to
release it .

Fangfei 2020-10-15 20:01:23

Two desires? — Where does the desire for security fall?

Is this a more fundamental one? (Wind, 2020-10-15 20:02:22)

If it becomes clearly visible, then release it.

Lester: What was it last time? Okay , the first thing we suppressed was the desire to live as a body, which arose as "the fear of death." How does it develop into other feelings? If I gain everyone's approval, I'm safe, I can live as a body. If I can't gain their approval, I want them to approve of me, and then I'm safe and alive—that's control. But because you're so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you've already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it, and when you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling, let go of the desire to change it. Once you release it, you can attack the feeling of fear of death

again. A small release at first allows you to move to a state where you can recognize and realize that "the fear of death is just a feeling," and you're currently equating it with actual death, which is why you're not allowing it to come out. If you don't equate the fear of death with death itself, you can let it out, and you'll be free in about one or two weeks. It struggles, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You've done an incredibly beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time, I usually avoid it because most people don't release it smoothly; they get stuck on it. But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer keep them underneath; you allow them to surface and leave. Because it is also constantly...

Every repressed feeling tries to push itself up and out. So when you do it, it's very light.

It's easy; they appear and disappear like waves until the waves stop, and then you're done.

Lester believes that the fear of death (the desire to survive/be safe) is masked by a desire for identification and control. If you focus on releasing these two desires, the underlying motivations will automatically surface and be released.

So, overall, there are three main desires.

But you really only need to pay attention to these two things.

D 2020-10-15 20:06:16

@Wind? I released all my emotions today; they all boiled down to "wanting validation" or "wanting control," without even using the three-question approach.

The release was very successful.

Much more effective
than a three-question
question. (Feng, 2020-10-15
20:06:43)

Yes, the three-question question is the starting point.

If it can release
desires, then this
method doesn't require
three questions.
Let's continue.

Purple ins 2020-10-15 20:07:26

@Wind? What you brought us today
was useless. I don't want to use
three questions either.

wind 2020-10-15 20:08:16

Here's the thing: the 1992 release method course , with its 1234 videos, uses three-question phrasing to release emotions.

5678 videos are the method I
used today to guide you
through releasing desires.

Releasing desires is many
times more effective than
releasing emotions;

ultimately, the student will
use this method.

If you've learned it, then use this.

If you really can't find the feeling of releasing desire,
then use the three-question method to familiarize
yourself with the general idea of releasing emotions.

D 2020-10-15 20:11:29

They moved so fast, it was unbelievable to me, a new student
who had only used it for a day and a half. Everything else
requires diligent practice to achieve rapid results, but the
release method doesn't need that.

Incredible

wind 2020-10-15 20:12:32

Yes

Release method is efficient and simple

D 2020-10-15 20:13:44

If it's that simple, why did
Lester Levenson (The Sedona Method) teach
for decades? (Wind, 2020-10-15 20:14:47)

They're not the same group of people.

Many batches of graduates
Guess how many days the
Liberation Method course
will last? Only four days!
The first two days I
learned how to release
emotions, using the
three questions; the
next two days I'll learn
how to release desires,
using six steps.
Now all the tools to freedom are in hand.

D 2020-10-15 20:16:09

I think all emotions
are driven by desire . (2020-10-15
20:16:16)

Yes
Desire is the cause of emotions
Therefore, once you learn that method, you
no longer need to use that method to
release emotions; you only need to release
desires.

Zhao Jiaman 2020-10-15 20:24:34

@Wind , where in Shanghai are you? I don't have teleportation skills,
but I can see you by public transportation. [Grinning face]

wind 2020-10-15 20:25:48

Pudong
Like Lester Levenson (The Sedona Method) , he lived in seclusion in
the city.

苏 2020-10-15 20:28:11

想问一下，如果是决定想要自由而不是想要这个世界，那应该怎么释放？是不
断的觉察欲望还是说仍然可以针对生活中的困境释放？

风 2020-10-15 20:28:35

都可以
生活中的困境也是欲望只要持续释放就
可以
莱斯特说过，一开始你是没选择的因为太痛苦了，
生活在痛苦中
所以只能为了脱离痛苦而释放
但是当你释放到感觉很好的时候，你要为了自由而释放

I 2020-10-15 20:46:24

What I mean is, @Wind, could you come out more often and guide us? [Laughing emoji] Wind
2020-10-15 20:46:46

I will.

However, I don't want to become a Haier.

He guided so many people to learn how to let go, yet he himself reached the end.

Qingxi 2020-10-15 21:20:05

@Wind ? Isn't proving something also a disguised form of seeking validation? Wind 2020-10-15
21:20:38

prove?

Qingxi 2020-10-15 21:21:18

A desire to prove one's
strength, huh? (Wind , 2020-10-15
21:22:08)

If you feel it, then it
should be Qingxi 2020-10-15
21:22:14

There is also resistance

I can almost feel myself wanting to prove myself, and resisting
it. I'm not sure which kind of desire to categorize it precisely. (Wind,
2020-10-15 21:23:36)

Resistance is an emotion

Consider whether
you're trying to
control or perhaps
seeking approval.

Or both

The desire for recognition is the reason for control.

Lester: Releasing the desire for recognition and control is also a shortcut,
compared to releasing all the emotions beneath them. Recognition and control. When
you no longer want recognition and control, all the emotions beneath them leave.
But until you release the fear of death , you still have the desire for
recognition and control. The only reason you want everyone's approval is because
it gives you safety and survival. If we don't get approval, you want to force them
to, and that makes you safe. That's control. But when you release the desire for
recognition and control, all the feelings beneath it leave. What's left is just
the desire for recognition and control, which you release by releasing the fear of
death. When you get there, it's very easy for the fear of death to surface. You
reach a point where it pushes itself up and pushes itself out. You sit there,
completely watching it, and it just pushes itself out. Then you laugh, and your
mind shuts down. That's a silly joke; it plays on your true self, thinking you're
restricted, but you never are.

The desire for control is a desire
for identification that develops in
order to survive; you want to
identify.

You want recognition, but others don't give you
that recognition. This develops into a desire to
control and force others to agree with you.

By wanting to control all things

If 2020-10-15 21:29:29

@Feng?Teacher Feng, when I am continuously releasing the desire to control and identify with a very important event, I also realize that the desire to identify with and control another event is making me very uncomfortable. What should I do and which one should I release first?

wind 2020-10-15 21:30:56

Release the one you are most aware of.

倚天 2020-10-15 21:31:05

分不清楚是想要认同还是想要控制的时候，可否直接释放那个“想要”？@风

风 2020-10-15 21:31:57

嗯，那就释放想要控制你就能

分清了

On October 15, 2020, the speaker explained how to guide and release information through a process, sharing the experience of one "knowing" after another occurring.

Purple ins 2020-10-15 10:05:54

Feeling blurry
I don't know what
I want; it feels
like I want to
control myself.

Emotions, when they see something
they want to control, obscure themselves like a
wind. 2020-10-15 10:08:35

When your feelings are blurred, the
desire for control and the desire to
change the current situation become
very clear.

Use six steps
Seeing your own feelings as a desire for
control or a desire for validation
—sometimes you see a desire for
validation.
But at that moment you immediately develop a desire to control it.

You want to change it
This manifests as a feeling of being stuck.

Can you sense this desire
for control? Has it left?
This is the fifth step of usage.

Also, please don't overlook step six.
Each release brings more joy, ease, and
freedom, taking you back to the first
step and making you crave freedom even
more.

If you don't feel more joyful, relaxed, and free
when you release, you're not releasing ; you're
trying to control.

At this point, apply step five: become aware of the desire to control (change), and release that desire to control.

After releasing the tension, you feel relaxed and have a
subconscious tendency to do other things because you want
to maintain this comfortable feeling.

This is also a
way to control
and remind
myself.

Notice this desire to control, continue to release.

Let me emphasize step six again: release is very easy.
I've found that often we release
things with resistance rather than
with a sense of ease, joy, and
freedom. But having that
experience can be a powerful
motivator.

带着抗拒（想要控制），你就会卡住就
这么简单，都在六步骤里面

Yitian 2020-10-15 10:21:13

“Wanting to change the current situation” is the key point. But if the current situation is really bad, how do you let go of this desire?

Wind 2020-10-15 10:21:40

It's just a feeling.
The only component of things
is your feeling. You say
that's terrible, but that's
just a feeling.

Yitian 2020-10-15 10:23:00

For example, when I meditate, I know that pain is just a feeling, but I can't stop wanting to be free from pain.

风 2020-10-15 10:23:38

释放最好不和打坐混用

因为打坐的时候，你带着一个想要控制

你一边想要维持一个姿势不动，一边想要释放但如果你是有
意识去做，你会被卡在那里

因为你刻意有意识去做的时候，你带着想要控制如果你是被动
地被捆起来，只要你接受这个状况然后释放，你
不会被卡住

Wind 2020-10-15 10:26:41

I had an even deeper experience yesterday.
After a little consideration, I decided to share it.
I found myself instinctively
defensive when I crossed the
street to buy water and food.
On a more subtle level, I saw my
desire for control, so I released it.
After releasing the
urges for more than
ten minutes, I
naturally closed my
eyes.

Guided step by step by an inner “knowledge,” I walked back home.
This kind of knowledge is not sight, not hearing,
not anything in the senses, but it is more
comprehensive than sight or hearing.

I simply became
increasingly certain,
step by step, without
hesitation or wavering.

Life is precious 2020-10-15 10:31:18

Is it a form
of trust? (Wind)

2020-10-15 10:31:31

If you're talking about trust,
there's a duality involved , but
the feeling isn't separate.

It's a series of "knowings" happening one after another.

I know I'm going this way, and I know where I'm going next.

I'm still releasing today.

Because 早 I used to work with
my eyes , but I discovered I
could work with awareness, so
now it's about half and half.

Sometimes I habitually work with my eyes.

But once I become aware of it, and release the urge to see and
control it, I can return to the work of awareness . 2020-10-15 10:33:56

You're still

working, not in seclusion, Feng

? 2020-10-15 10:34:16

By "work," I mean
watching the road and
looking at things.

For example, brushing your teeth and washing your face.

The problem here is that these are
things you really want to control when
you go deeper, things you'll come
across

I even saw myself consciously
operating my five internal
organs , but these things
don't need to be considered at
the beginning.

When I released some of my fear of death, I found that control over my
body became significantly more apparent.

Come

For example, my simple sitting posture
Sitting up requires energy, the
ability to maintain control over the
body, and the desire to control it.

Purple ins 2020-10-15 10:38:41

Is it because the mind believes that not controlling
it will lead to death, and because of this fear of death, it seeks
control? (Wind) 2020-10-15 10:39:06

Yes, at the very bottom,
the desire to survive
will become increasingly
clear as one is released
from this state.

My biggest problem right now is that

it's easy to stop releasing the tension, and I have to constantly remind myself of the six steps.

Otherwise, you will enter a state of awareness where everything around you feels perfect and harmonious. Whenever this happens, you should remind yourself of the first step. This cessation is also due to the desire for control.

Purple ins 2020-10-15 10:43:08

自由六步

- 你必须想要自由超过想要世界。（你必须想要自由超过想要被认同和想要控制，想要被认同和想要控制=想要世界）
- 做出自由的决定。
- 所有感受都来自想要被认同和想要控制，它们都是生存程序。释放它们。
- 持续释放。
- 当你卡住时，释放对卡住的感受的想要改变。

6 每次释放，你都更愉悦、轻松、脱离限制。随着释放，你会越来越愉悦、轻松、脱离限制。

@Wind ? Is this the
six-step method? Wind 2020-10-15
10:43:53

Yes, this is something I pieced together using
words from Lester's audio (the way): using the
freedom of the sixth step to enhance the desire
for freedom in the first step.

Make a decision

The whole world is your feelings, and feelings are the desire to control and
identify with them.

Keep releasing them, and you won't get stuck. The only thing
that gets stuck is the desire to control (change) and feel at ease.
2020-10-15 10:46:15

Yesterday I was in a very calm state, without any emotions or desires,
and I didn't know what to release or how to continue releasing them.
Wind 2020-10-15 10:46:27

Want to control

You want change to happen

Peace of mind and freedom 2020-10-15 10:47:29

I also felt that I was stuck because I
couldn't control my body and my mind
wasn't completely relaxed , right?

Wind 2020-10-15 10:48:44

Yes, if you try to control it, it will get stuck.

If you don't control it, it won't get stuck. It's
that simple. But achieving non-control isn't
about suppressing your desire to control.

Instead, become aware of your desire to control and let it go.

Every time you get stuck, you
immediately realize that you clearly
want to control it.

You don't need to worry about the reason for the blockage at all.

Is it because you feel it so strongly? Is it because you
really want it? Is it because you're too nervous? Is it
because of fear of loss? Is it because you prefer comfort?
Is it because you abhor pain? These are completely
irrelevant.

As long as you see what you want to control

Once you realize that you want to control
something right now, regardless of the

reason, the moment you become aware of it,
it becomes easy to release it.

I recorded some insights during the
release process at Gain. In the book , I
recommend that you also use the gain book
method as in the course. This is actually
the sixth step in a six-step process.

It will give a clear motivation to take the first step in wanting freedom.

Stars 2020-10-15 15:16:45

@Wind ? Through release, have you become calm, peaceful, and
comfortable? The purpose of release is to rediscover our peaceful nature, right?
It's not about releasing for the sake of releasing. Maintain a continuous act of
releasing. If you're already at peace, why force yourself to release? Release is
needed when you're not at peace.

Each time you release yourself, you feel higher.
The previous peace was only relative; you 've just
reached a comfortable stage, and then you'll lack
motivation.

Previously, because I was living in pain, I
had a strong motivation to release it. Later,
it became necessary to strengthen the first
step, in order to liberate Lester Levenson (
The Sedona Method) , who had an audio
recording titled " Get High to Release."
This practice has been specifically criticized.
This way, you'll never reach the finish line.
Because this is to release
feelings of goodness ; when you
feel good, you stop.

When you stop, you are suppressing your
emotions, and the survival program will
develop. If you're not heading towards freedom,
you're heading towards restriction.

Therefore, Lester emphasizes the importance of
continuing to unleash your potential when you're
feeling good and going even higher when you're
already at a high level.
higher and higher

We cannot remain in this perfectly harmonious feeling of the present
moment.

Listen to the article " Get High to Release ,"
and you 'll understand. don't have to wait you
down then Release get high to release

If you feel at peace, release that peace, and you'll
feel even better. Give it a try!

If you don't release,
you're suppressing;
there's no such thing as
stillness.

If you're not moving forward, you're moving backward.

If you don't undo your mind and make it quieter, then your mind is
becoming noisier. Therefore, you must continue to release your mind
until you reach the end.

make it constant

This is the fourth step.

Survival program is
your feeling ; feelings
drive feelings.
If you suppress it, hide it
If you don't suppress it, it will be released.
Once you've released all your feelings—that is, your
survival process—it's all over, and you're free.
There is no intermediate point where you need to stop.
So when a student asked him how, how,
Lester said in the audio...
you Stopped. There is no stop in the six step.

Maintaining this comfort also
means wanting to control it . is
no stop in the six Step Lester's
original words

How many people release in order to feel good? How long are you going to wait? That's your problem; you're not doing it. What are you doing? You just want to stay in the good feeling, so you can only release after you feel bad in order to continue getting the good feeling, because there's only one good feeling: the feeling after releasing.

How many of you wait until you get high before your release? how many wait or go high to release?? There's your Problem. You're not doing it.? What are you doing? You're wanting to feel good so you're waiting till you get down and then you're released to feel Good. Because it's only one to feel good that release to make you feel good and that's it.

After a while, you feel bad again, so you release to feel better, and this cycle repeats, prolonging the whole process . If the purpose of releasing is freedom, a few months is enough to clear out all the clutter. If the purpose of releasing is to escape a predicament, then it becomes an extremely long process.

The time being and so you feel not good again; you'll release again to feel good again thereby dragging out the whole process. Now if you would release for the purpose of one in the go free then it would take you months to clean out all the garbage. But you're not releasing the goal free. You're releasing to get out of the misery. It's a drawn-out process that way.

I translated a passage on the spot.

get high to release

Miracle 2020-10-15 15:58:41

I will resist release

Wind 2020-10-15 15:59:17

situation ? @MiracleMiracle

2020-10-15 15:59:53

@Wind ? Yes, I don't know why, but when I think about letting go, another force

风 2020-10-15 16:00:16

你现在想要控制那个状况吗? [大笑]奇

迹 2020-10-15 16:00:33

一直堵在我胸口

是的,我想控制

风 2020-10-15 16:00:16

你能觉察到那个想要控制吗? 奇

迹 2020-10-15 16:01:18

comes to mind.

能觉察到你想要控制它吗？

奇迹 2020-10-15 16:02:04

我能觉察到，我还能觉察到我想排斥我的控制风

2020-10-15 16:02:13

嗯，这个想要控制离开了吗？

奇迹 2020-10-15 16:02:31

没有的

The era of the Internet of Everything 2020-10-15 16:15:50

you financially

independent yet? 2020-10-15 16:16:06

I have always been

financially independent. The era of
the Internet of Everything

2020-10-15 16:17:30

What are your standards

for financial freedom ? 2020-10-15

16:18:08

Does the fact that you don't
need to think about money at all count as
part of the era of financial freedom and the
Internet of Things? 2020-10-15 16:18:50

Is it because of a good job, or a
wealthy family background ? 2020-10-15
16:21:28

Yeah, my dad owns
a company, so my
family is pretty
well-off.

However, my financial
freedom isn't because of
this , but because I don't
need it.

I am a freelancer

Data analysis shows that
one successful deal can
provide enough income to
last six months in US
dollars.

Zhao Jiaman 2020-10-15 16:30:42

I was introduced to her by the group admin, who said she was

enlightened, and it was the group admin who added me to her group.

[Grinning face]

Wind 2020-10-15 16:31:48

In reality, we can't judge whether someone has attained enlightenment; we can only experience it for ourselves.

As we are liberated, we will increasingly discover that the limits of freedom are not as small as we thought, and the concept of the possibility of awakening will become clearer.

Therefore, from my personal perspective, I now believe that most New Age spiritual practitioners are not enlightened, even if they claim to be.

This includes Zhao

Jiaman from A Course in

Miracles. 2020-10-15 16:38:44

Dr. Yang Dingyi led everyone in group practice, and they only slept a few hours a day for several dozen days. 2020-10-15 16:39:11

People may not understand traditional meditation, which can also achieve certain results.

However, meditation is not enlightenment.

Zhao Jiaman 2020-10-15 16:40:23

Having everything one desires is supernatural power, but it doesn't necessarily equate to enlightenment.

Yogananda wrote about wind... 2020-10-15 16:40:37

Yes, Lester Levenson (The Sedona Method) also said that.

Living by miracles doesn't mean any spiritual progress. There are many problems, but I don't intend to really criticize it. Everyone has their own karma.

A Course in Miracles has many theoretical problems; I've studied a lot of theories before.

This era will have many seemingly plausible but ultimately flawed things; fortunately, the Release Law is not one of them.

The release

method really works for me.

2020-10-15 16:48:02

A Course in Miracles, firstly, was not written directly by the author after enlightenment, but rather a paraphrase. Secondly, it required translation . 2020-10-15 16:48:47

Enlightened beings do not transmit their teachings through spiritual means.

Lanruo 2020-10-15 16:53:00

@Wind ? In what way would an enlightened being transmit his teachings? Wind 2020-10-15 16:53:20

It may transmit teachings directly through the causal body.

Perhaps through the body, like Lester

However, it does not use psychic abilities to transmit the leaping flame of teaching. 2020-10-15 16:54:32

Maybe it's one approach. I think

those books are quite good; the
principles they convey aren't
distorted.

Wind 2020-10-15 16:54:55

You can't look at it that
way.

There is a concept
called the method of
similarity, which is
a kind of seemingly
correct but actually
flawed teaching.

If one desires freedom, it is only
natural to abandon such similar ideas.

How easy is it for someone to
pretend to be an enlightened
being? Just say a few words about
light and love.

But darling, is that really true? We can't tell.

Fangfei 2020-10-15 17:01:26

Wind, if you're hesitant to accept payment, that's just normal
charging. But why are you so embarrassed to ask for it? I'm trying to overcome
this . @Wind

Wind 2020-10-15 17:01:43

Want recognition?

You will
realize this
yourself; no
analysis is
needed.

Release it immediately once you become aware of it.

Can you sense this
desire? Fangfei 2020-10-15 17:04:59

Want to let
go? (Wind) 2020-10-15
17:05:32

Hmm, look at this one, did it
leave? Fangfei 2020-10-15 17:06:22

Why do I feel so calm as
soon as you say that? It's
like I've left.

I kept asking myself - can I let go of the desire to change and
leave? It felt like there was no wind. 2020-10-15 17:06:45

Imagine that situation. Do you still want to
agree or control? Anything else?

Allow it to
surface Fangfei 2020-10-15
17:07:33

I still want
to agree with the wind
2020-10-15 17:07:48

If you notice this
urge to agree , then
observe whether it
has left.

Fangfei 2020-10-15 17:08:23
If I become aware of it, will
seeing it allow me to leave?
Indeed, I am calm now.

Wind 2020-10-15 17:08:42
Take another look. Do you
still want to agree? If so,
try allowing yourself to
become aware of it.

Fangfei 2020-10-15 17:09:06
A little
bit wind 2020-10-15

17:09:17

Hmm, did you
notice it
leaving?

Fangfei 2020-10-15 17:09:26

I noticed

wind 2020-10-15 17:09:26

Has he been
released? (Fangfei,
2020-10-15) 17:09:38

Basically
left the wind 2020-10-15
17:09:38

This is the process of releasing desires later on.

Okay, let's see. Are there any
others who want to agree? Fangfei 2020-10-15
17:10:01

There was also a
slight breeze. 2020-10-15
17:10:20

The process of releasing desire is very simple.
When you become aware of desire, there is a
natural tendency to let it leave the fragrance. 2020-10-15
17:10:44

It's very peaceful
now, with a cool breeze.
2020-10-15 17:10:54

Continue this process until you
feel completely free and joyful. 2020-10-15
17:11:35

It's about noticing it, and then asking—has it
left yet? (Wind) 2020-10-15 17:11:42

Um
Ask a question
Do not omit any steps
Otherwise you'll
get stuck. Can I
let go of it?
Sometimes you've already let go before you even ask.

Wind 2020-10-15 17:12:49

Today you can
refer to a few
case studies to
see how these
processes work.
They are all very simple.
We're just used to suppressing
our emotions, not used to
releasing them simply through
processes; it's that simple.
It's also very easy

For those who have difficulty with release, I can provide guidance
at any time, but it's best not to rely too much on others' guidance
. The reason Lester didn't leave behind any instructional videos or
audio recordings of release techniques is to avoid people...
They believe it was "him who did it".

Don't think I did it for you; you did it yourself.

Ruilan 2020-10-15 17:24:33

@Wind ? I need guidance [grinning face][grinning face], I'm just starting to

风 2020-10-15 17:24:57

你想释放什么？

瑞兰 2020-10-15 17:25:27

想要认同，就是不敢向别人张口要钱。风

2020-10-15 17:25:40

嗯，你能觉察到这个想要认同吗？瑞

兰 2020-10-15 17:25:52

能

风 2020-10-15 17:26:07

它离开了吗？

learn.

Ruilan 2020-10-15 17:26:09

I feel so depressed.

When you asked, I felt a gas spreading
from all around; I'm not sure if it
was leaving.

Wind 2020-10-15 17:27:02

It's okay. No matter what happens, let's see. Do
you still want to agree? —Ryland 2020-10-15 17:27:10
have

Wind 2020-10-15 17:27:11

Can you still
detect Ruilan now? 2020-10-15
17:27:17

dizz
ines
s

Wind 2020-10-15 17:27:34

Do you want to control
this dizziness? (Ryland) 2020-10-15
17:27:47

have

Wind 2020-10-15 17:27:58

Can you make it
leave? Ryland 2020-10-15
17:28:07

uncertain
There is
fear and
dread in
my heart.

Wind 2020-10-15 17:28:28

Can you sense this
fear? Ruilan 2020-10-15 17:28:33
able

Wind 2020-10-15 17:28:40

Do you want to
change it? Ruilan 2020-10-15
17:28:44

have

Wind 2020-10-15 17:28:53

Did this person want to
change and leave? Ruilan 2020-10-15

17:29:22

Uncertain, I feel a bit
bewildered . 2020-10-15 17:29:37

It doesn't matter
Do you still want
to change? (Wind) 2020-10-15
17:29:54

I only
noticed it on Ruilan
2020-10-15 17:29:54

want
to

Wind 2020-10-15 17:30:13

Yes, I noticed it.
you allow yourself to
remain aware of it as
it leaves?

Ruilan 2020-10-15 17:31:04

Now, changing things isn't
that difficult, it's not that strong a
wind. 2020-10-15 17:31:14

Let's look at the rest that we want to change.

Can you simply perceive it
at this moment? — Ryland 2020-10-15
17:31:44

Want to change the blockage in
my heart and the stiffness in my shoulders
2020-10-15 17:31:58

Hmm, let's see if it's
been released? Ryland 2020-10-15
17:32:01

I want them to
leave quickly ,
um, there are
fewer of them
now.

Wind 2020-10-15 17:32:17

Do you want to get them
to leave quickly? Ryland 2020-10-15
17:32:23

yes

Wind 2020-10-15 17:32:37

Hmm, I sensed that this
person wanted to control Ruilan.
2020-10-15 17:32:57

They were eager for
them to leave the wind. 2020-10-15
17:33:08

Just look at it
and want to
control it
without worrying
about anything
else.

Do you want
control? Ruilan 2020-10-15
17:34:01

When I see this and want to control
it, I'm not in such a hurry anymore ,
um, there is.

Wind 2020-10-15 17:34:39

But you still want to control
it, don't you? Ruilan 2020-10-15 17:34:47
yes

Wind 2020-10-15 17:34:47

Hmm, I just
noticed the wind. 2020-10-15
17:34:59

Has it left?
(Ryland) 2020-10-15 17:35:11
besides
I'm feeling
a bit better. wind
2020-10-15 17:35:20

嗯，允许它浮现出来
瑞兰 2020-10-15 17:35:57
内心还要一些批判，怎么那么多的想要控制风
2020-10-15 17:36:29
允许自己觉察到，它离开了更多吗？瑞
兰 2020-10-15 17:36:33
看到了很多的想要控制，不停的想要控制离
开了一点，因为太多了
风 2020-10-15 17:37:51
嗯，重复这个流程

Ruilan 2020-10-15 17:38:15

Hmm, I feel a little
less upset, Ruilan. 2020-10-15
17:38:46

But I saw so many people trying to control things. It
felt like they couldn't live without control. [smirk] 2020-10-15
17:38:57

It's okay, just keep releasing it.
With each release, don't you feel a
little more relaxed and free? So, keep
releasing!

October 15, 2020 (New) Feng explains karma, mind, how
to release pain, and Lai.

Sterling only began teaching the release technique
later on.

Asagao 2020-10-15 12:06:10

@Feng ?Teacher Feng, can releasing
karma eliminate negative karma? Feng 2020-10-15
12:06:36

Karma is just your
feeling; Lester calls
it a process.
Only in your mind

To answer you in Lester Levenson (The Sedona Method) 's own words

Lester: Karma is in the thought, not in the act. When you do something, it's the
thought that's carried over in the subconscious that instigates the act next
time. Eliminate subconscious thought and you eliminate future karma. **It's the
thought that carries over from lifetime to lifetime.** So if you bring the thought

up and you reverse it, karmically it's Gone.

A: Karma resides in thoughts, not actions. When you do something, unconscious thoughts instigate the next action. Eliminating unconscious thoughts is eliminating future karmic retribution. It is these unconscious thoughts that permeate our lifetimes. Therefore, if you can bring your thoughts to the forefront and reverse them, karma can be eliminated.

Id like to know a little more about how karma works and Why it works. I'd like to know What puts it into effect? What Start the wheel. In your book, you mention that it's the thought.

Q: I'd like to know more about how karma works and why it exists. I want to know exactly what makes karma work, what sets the wheel of karma in motion. You said in your book that it's because of thoughts.

Lester: The word "karma" is a Sanskrit word meaning action. Its general use means action and the reaction to the action. Other explanations are cause and effect? What you sow you reap; What you give out come back to you.

A: The word "karma" in Sanskrit means "effect." The common interpretation is effect and the reaction to that effect. Other interpretations include: cause and effect; you reap what you sow; good deeds bring good results, and evil deeds bring evil results.

Karma is initiated in thought. Thought is the cause and action is the effect. When we create a Desire we want something. The Desire initiates the thought of wanting something. Wanting something causes us to act to get that something. That something does not satisfy us and Therefore we increase the desire. That goes on and on and on, and we become bound by desire never able to Satisfy it. If our desires were capable of being satisfied, we would have no Desires, right?

Karma begins with thoughts. Thoughts are the cause, actions are the effect. When we create desires, we want something. Desire initiates the thought of wanting that thing. Wanting that thing then leads us to act in order to obtain it. After obtaining it, we are not satisfied, so we create new desires. This cycle repeats itself, and we are trapped in desires, unable to extricate ourselves or find satisfaction. If desires could bring us satisfaction, shouldn't we no longer have desires?

Wind 2020-10-15 12:10:03

Karma is the effect.

Mental habits are karma; habitual thoughts define your world.

Wind 2020-10-15 12:10:47

In reality, no one can help you determine your basic desires.

Your desire for control stems from your
desire for validation, and your desire for
validation stems from your need to survive
as a physical body. But what you perceive
right now is what you need to release.

Wind 2020-10-15 12:12:13

You can check out my translation of the
Lester audio series , "The Way," which
discusses basic desires.

Asagao 2020-10-15 12:12:24

@Wind ? Why can't wishes
come true? Wind 2020-10-15 12:12:55

Each single thought
manifests in my
original Lester text
The group owner's official WeChat account has it.

The sole function of the
mind is to create. But
you've become programmed
by your feelings.

Therefore, you cannot control the
inertia of your subconscious thoughts . 2020-10-15
12:16:36

@Wind ? If the mind creates in the masses, why
are the scripts all painful? 2020-10-15 12:17:16

Because you've programmed it.

Those thoughts you don't want to see, you
suppress them into your subconscious. The
subconscious doesn't mean it's not working,
it just means you don't look at them.

Asagao 2020-10-15 12:17:46

@Wind ? How do I
flip it? Wind 2020-10-15
12:17:59

By releasing karma,
it can remain only
in your mind.

By releasing your feelings, you clear a portion of your mental
processes.

RainForest 2020-10-15 12:14:10

Teacher Feng, every time I sense a feeling, like the urge to
control it, a concept immediately pops into my mind . At that moment, I can't
distinguish between the feeling and the concept... I don't know what to release.
My mind even asks me a question: past feelings are just memories, future feelings
haven't arrived yet, so what should I release...? And then I get trapped in my
mind.

Wind 2020-10-15 12:16:41

Do you want control?

RainForest 2020-10-15 12:18:35

I want it, but when I answer "I want it," I feel a sense of control,
and then my mind quickly conceptualizes this sense of control...

Wind 2020-10-15 12:18:55

Hmm, do you want to control this process?

Yan 2020-10-15 12:19:41

Haha, I have a question. I'm not feeling well and have a deep
sense of fear. How can I release the urge to die? (Wind) 2020-10-15 12:20:12

If you become aware of the fear of
death, you can release it, but what lies
beneath it is a great deal of desire for
control and identification.

Yan 2020-10-15 12:20:32

I saw it; it's still very deep.

风 2020-10-15 12:20:52

你想要改变那个对死亡的恐惧吗？

Yan 2020-10-15 12:21:05

是啊

特别想

风 2020-10-15 12:21:32

你能觉察到这个想要改变吗？

Yan 2020-10-15 12:21:42

能啊

风 2020-10-15 12:22:00
它离开了吗？

Yan 2020-10-15 12:22:21
是不是先要把前面两个欲望释放掉才容易释放掉想要死亡

2020-10-15 12:22:32
嗯

Yan 2020-10-15 12:22:32
没有离开，我喜欢控制

风 2020-10-15 12:22:43
再看看，你还想要控制吗？
只是觉察到它

Yan 2020-10-15 12:23:07
还是想啊，我是控制狂

Asagao 2020-10-15 12:23:12

Release it all. For example, at your energy level,
wouldn't you no longer have a mind ? 2020-10-15 12:23:23

I'm still a long way off
However, as it is released,
the mind will gradually
disintegrate this ability to
experience.

Yan 2020-10-15 12:24:27

That means first releasing the desire to control, to change death, and to
live.

Wind 2020-10-15 12:24:48

Once you release the urge to control, you will
no longer suppress your fear of death; it will
surface and be released.

Lester said, "Release your mind, and what
remains is infinite existence—it's that
simple."

The mind is nothing other than the
collection of your feelings and
thoughts that you want to control,
identify with, and feel safe (for
survival).

three desires

Lester sometimes uses the fear of death
to mean the desire to survive.

The desire to change is also a

desire for control, so all
that's needed is to release
three things.

The desire for control, identification, and survival (fear of death)

Asagao 2020-10-15 12:27:44

Is karma the thoughts and emotions
attached to the mind? (Wind) 2020-10-15
12:27:59

It's not
attached to
the mind; the
mind is not a
box.

The mind is the collection of thoughts and emotions.

Once thoughts and emotions are released, the mind is no longer in control, and you can easily release whichever one you are most aware of.

Once you release the surface-level fear of death—whether it's the desire to control or identify with it—your mind is cleared. It's completely over.

Because it is the cause of all feelings, and all feelings are the survival program. To use Lester's exact words...

Lester Levenson (The Sedona Method) : What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it. When you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling , then release the desire to change that vague feeling. Once you release it, you can attack that feeling of fear of death again. Initially, a small release of it allows you to move to a state where you can recognize and realize that "the fear of death is just a feeling," whereas you are now equating it with actual death, which is why you don't allow it to come out. If you don't equate the

fear of death with death itself, you can let it out , and you'll be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You've done an incredibly beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time, I usually avoided it because most people don't release it smoothly; they get stuck on it. But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's how it happens. You no longer keep them at the bottom; you allow them to surface and leave. Because it's also constantly trying to push itself up and out—every repressed feeling does that. So when you do it, it's very easy; they just appear and disappear like waves until the waves stop, and then you're done.

Is it a long process to release the fear of death by releasing it day by day, moment by moment, or by taking shortcuts ?

Lester: Releasing the desire for recognition and control is also a shortcut, compared to releasing all the emotions beneath them. Recognition and control. When you no longer want recognition and control, all the emotions beneath them leave. But until you release the fear of death, you still have the desire for recognition and control. The only reason you want everyone's approval is because it gives you safety and survival. If we don't get approval, you want to force them to, and that makes you safe. That's control. But when you release the desire for recognition and control, all the feelings beneath it leave. What's left is just the desire for recognition and control, which you release by releasing the fear of death. When you get there, it's very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it just pushes itself out. Then you laugh, and your mind shuts down. That's a silly joke; it plays on your true self, thinking you're restricted, but you never are.

The first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that is control. However, because you are so afraid of allowing these feelings of fear of death to surface, you need to first deal with the desire for approval and the desire for control. When you release those, the "fear of death" at their core will naturally and noticeably emerge for you to release.

Wind 2020-10-15 12:32:34

Lester's statement explains why all feelings are part of the survival process.

all feelings are survival programs

Wind 2020-10-15 12:33:35

"The Road to Ultimate Freedom" is 早 a collection of audio episodes .

At that time, he had not yet invented the release method, and tried many ways to teach, but nothing significant.

use

1975 , Mr. Lester obtained the

The effects of moon meditation

method and discovered that one

release was equivalent to several ,

so he spread the release method.

I'm currently translating the later audio after Lester invented the release method.

the The way is 1989

In the later audio, Lester only teaches the release method.

Another video I translated was the 1992 Liberation Method course.

At that time, Lester Levenson (The Sedona Method) was still alive, sedona The institute still belongs to Lester Levenson (The Sedona Method) himself, and the curriculum was designed by Lester Levenson (The Sedona Method) and has not been changed.

Later, Haier established his own Freedom of Life organization, Larry established one, and there were also small-group teaching programs for other students. They couldn't teach the same thing, so they all made many additions and changes. But based on my own experience and the detours I took , these additions and changes only weakened the power of Freedom of Life.

早 Not much has changed during this period.

But I have been following Haier and Larry for a long time.

His later sharing was basically unrelated to the release method.

Stephen was also a student at Lester Levenson (The Sedona Method) .

He believed Larry and Hale had changed the method, reducing its power, so he also came out to teach it.

However, a kind person uploaded the original 1992 version to YouTube.

Therefore, we can use that directly.

Actually, you can master the release method by simply watching the video and following along once; you don't need to read a book.

The video contains almost no theoretical explanation; it simply guides students through the release process.

You'll naturally learn if you just follow along.

You'll be amazed by the simplicity and effectiveness of this method.

Next, you can listen to Lester's advanced course for the graduates of St. Donatello , also known as the "The Way" series.

He will give you some guidance on the path to freedom, and you will follow one of them.

Follow
the
instruct
ions to
continue

releasin

g

That's fine.

The autobiography was written in 1972 ,
before he received his release, so it can be
used as a theoretical reference.

I've been letting go; those intellectual
questions aren't really that important. I'm
just writing down what I've learned.
It will support you on your path to freedom

D 2020-10-15 12:55:32

I was really, really hungry, and after releasing it, it actually left.

@Wind ? But why can't

I release the pain ?

Seeking

advice from Teacher Feng

(October 15, 2020)

12:55:59

This is normal.

It's normal to release feelings of hunger and drowsiness.

Especially when you release
your desire to control it, the
hunger will dissipate.

D 2020-10-15 12:56:37

So how exactly do we
resolve the pain? (Wind) 2020-10-15
12:56:50

The pain is the same.
Pain is the physical expression of emotions.
towards to death
physical pain in your body.

Group member 2020-10-15 12:58:26

Many higher-dimensional beings and aliens are watching humanity
graduate from Earth, a level three to four wind [grinning face]. 2020-10-15
12:58:29

In fact, according to Lester, we are the higher-level
classroom, and they are the lower-level classroom. I'll
answer this with Lester's autobiography.
Just take a look.

There are different grades of schoolrooms for different planets. This one is a
postgraduate course. It is of the most difficult and Therefore affords the
greatest growth. All of us who are here are advanced souls—advanced in that we
have chosen an extremely difficult place of abode. We wanted a higher course, a
tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate
course . This one is the most difficult, and therefore offers the greatest
potential for growth. All of us here are advanced souls —advanced because we
chose to settle in an extremely challenging place. We wanted a more advanced
course, something more difficult, and we got it !

The more

difficult, the more

sophisticated the cleverness.

(2020-10-15) 13:03:15

The first thing we suppress is the desire to live as a body, as a
"resistance to death."

It arises from the fear of being controlled. How does it develop into other
feelings? If I gain everyone's approval, I am safe , and I can survive as a body.
If I cannot gain their approval, I want them to approve of me, and then I can be

safe and survive—that is control.

This passage makes everything very clear: the human desire for survival led to the development of identity and control, which explains...

It's over.

Wind 2020-10-15 13:04:20

Yes, Lester's explanation
was very concise, clear,
and powerful.

We don't need to mix in any other
concepts; he was using everyday
English.

Spiritual vocabulary is rarely used.

Therefore, modern people can have a very direct contact with these words and
their experiences.

Lester's later teachings were simple: Go forth and set free;
follow the six steps, and you will be free. Metaphysical
discussions are futile, because the mind can never conceive of
infinite existence.

Don't play with concepts.

I went into seclusion to
experience freedom
firsthand, and then
continued my retreat.

See
you
late
r,
keep
it
up!

Rong 2020-10-15 13:10:34

Thank you,

Master Feng! 2020-10-15

13:11:59

Don't call me a master, I'm far from that level.

小聪明 2020-10-15 13:11:32

其实我还有一个问题没有问，想要释放认同是想要控制，然后释放想要控制
认同，第二个想要释放很模糊，把它释放完之后，还需要释放第一个吗，如果找不到第一个
的感觉的话

风 2020-10-15 13:12:17

一直释放

你释放了之后，当下的感受是什么它是想要控制还是
想要认同？

继续释放

Xiao Congming 2020-10-15 13:12:48

I don't want to control anymore.
But if that desire for
validation is lost, should we
try to retrieve it and then
release it?

Wind 2020-10-15 13:13:04

Do you want to
find it? (Xiao Congming ,
2020-10-15) 13:13:11

want to

Wind 2020-10-15 13:13:16

Is this an attempt
to control? A clever trick.

2020-10-15 13:13:23

Yes

Wind 2020-10-15 13:13:28

Okay, release it.

Xiao Congming 2020-10-15 13:13:58

I understand, it's about constantly releasing what's at the top that's
trying to control.

D 2020-10-15 13:13:58

How to release

pain? @wind ? wind 2020-10-15

13:15:15

Do you want to change your pain?

D 2020-10-15 13:16:52

Of course I want to

Wind 2020-10-15 13:17:07

Hmm, can you sense that desire for change?

D 2020-10-15 13:17:21

If you don't want to change, isn't that
just letting him continue to suffer? You
can sense it.

It comes from
wanting to control the wind.

2020-10-15 13:17:37

Can you let it go?

D 2020-10-15 13:17:40

I saw his motive
and he left.

Wind 2020-10-15 13:17:49

Yes, continue to release
Wanting to change = being unable to change
If you want to change what has been
released, you'll find it automatically
changes; if you want to control what
has been released, you'll immediately
have control.

Wind 2020-10-15 13:14:07

Personally, I don't experience
any reactions like burping when
I do release exercises. The
experience of release is that
your emotions dissipate.
Along with the feeling of **energy**
leaving and a sense of ease and
pleasure, it will move your
mood up.

Happy Cat 2020-10-15 13:15:06

I keep hiccuping and feel extremely tired whenever
I try to release it. Is this because I'm doing something wrong?

(Wind) 2020-10-15 13:15:23

Yes, the method is wrong.

If you feel tired from

releasing stress, it
means you're using the
wrong method. You may be
focusing too much on your
physical sensations,
which could be causing
underlying repression.

Because fatigue is something you try to control.

Wind 2020-10-15 13:23:54

I've started the continuous release process. Any problem can be solved in these six steps. If no one can answer your questions about the release method, you can refer to the six steps. Keep it up!

On October 16, 2020, Feng discussed the reasons for joining the group, methods for releasing the fear of death, and...

Views on A Course in Miracles

Yitian 2020-10-16 08:58:57

Is releasing the
program the same as modifying it?

(Wind) 2020-10-16 08:59:18

Is it a termination procedure?

You don't need any procedures.

Breaking habits is a
frequent occurrence;
habits are automatic.

Automation is the survival program
repressed into the subconscious, which
is those feelings.

Once these three major habits or
tendencies—control, identification, and
safety—are released, all other habits
and tendencies are eliminated because
they form the foundation of all
automated processes.

Yitian 2020-10-16 09:05:12

The experience itself contains a program. Eating the same chili
pepper, some people experience "spiciness," while others experience "pleasure."
This is due to differences in each person's internal program. And what exactly is
this program? Simply habit. (Wind) 2020-10-16 09 : 05 : 27

Feeling is the program
feelings are survival programs

Wood 2020-10-16 09:09:37

@Wind , are you going out?

Or is it just about
releasing stress at home every day?

(Wind) 2020-10-16 09:10:12

Previously, I released [something] at home every day.

I sat down and relaxed at a Starbucks today.

Roller Coaster 2020-10-16 09:10:29

This is a six-step video recording from 1992.

Wind 2020-10-16 09:10:55

Yes, I previously
posted that I
translated two
versions, one of
which was the 1992
course version.

One is the version from Lester's audio where
he explains the six steps to assemble; both
versions are usable.

They're about the same.

Use whichever one you like.

Roller Coaster 2020-10-16 09:12:25

Sometimes I feel that I
understand things more clearly when
reading English . 2020-10-16 09:12:44

Being able to understand English
is certainly the best approach,
as there are some sentences I
find difficult to translate.

Because Mr. Lester Levenson (The Sedona Method) 's concise and direct power
is difficult to translate.

Furthermore, there's no need to control the order in which you
release things; simply release whatever is easiest to perceive and
maintain a continuous release - that's the six-step process.

Whatever the desire, you don't
need to suppress it; you can
release it the moment you become
aware of it.

I was on October 16, 2020. 09:23:19

It seems to be about these two versions.

Wind 2020-10-16 09:23:45

Almost the same

The only difference is
that "freedom" was
changed to "calm and
uneventful," and "the
fifth step" was changed
to "control." Everything
else is basically the
same.

The Lester Levenson (The Sedona Method) Advanced Course likes to
use the term "freedom," but perhaps feeling it wasn't very relevant for
beginners, they changed it to "imperturbability."

Somewhat in line with curriculum standards

imperturbability is a state where no one or nothing can disturb
you.

Absolute tranquility

Huixuan 2020-10-16 09:43:27

Instinctive repression, instinctive
resistance, instinctive
self-protection—unconscious, numb for
too long.

I was on October 16, 2020. 09:44:38

Don't let

instinct prevail.

2020-10-16 09:45:05

It's just a habit.

Huixuan 2020-10-16 09:45:50

Teacher Feng did not go into
seclusion.

Wind 2020-10-16 09:46:54

My friend came back
these past two days, so
I kept the six-step
routine with me.

Every step must be taken seriously.

Each step can remind me of...

This is a collection of snippets I pieced together from several audio
recordings of Lester Levenson (The Sedona Method) where he mentioned the
six steps.

- You must want freedom more than you want the world (approval and control).
- Make the decision to go free.

- All feelings culminate in two wants: wanting of approval and wanting of control.
- Make release constant.
- If you get stuck, let go of the wanting to change the stuckness.
- Each time you release, you are happier and lighter. You have more motivation to go free.

The course
version should be
more
standardized. The
Lester Levenson (
The Sedona Method
) version is
simpler.

added the separation part that Lester talked
about elsewhere, which should be from the
audio of goals and winning.

Lester Levenson (The Sedona Method) talked about separation
He considered it the most fundamental thing, but it's not
something you deliberately release in the method. Lester
only needs you to release three things.

First, release the two major desires of recognition and control.
Then the fear of death (the desire to survive/be safe)
will automatically surface and be released, and then the
entire mental drive will disappear, and the mind will be
completely quiet.

You no longer identify with your body mind
Turn to agree with your infinite beingness
This separation ends
there; only oneness
remains.

Haier's inclusion of separation and oneness in the release of targeted
desires is not in line with the methodology.

Releasing just two desires is enough. If you often feel the desire for
security, then release three desires. The eighth video in the course is
about asking three desires together.

In just a few days, they may have
already come into contact with the
idea that the key to safety is to only
release what one wants to control and

what one wants to be recognized.

No need to worry about anything else

All feelings are driven by them.

Once you release the two desires, those feelings will dissipate on their own.

The era of the Internet of Everything 2020-10-16 10:23:45

I want to change the status quo. Do

I want to control it? (Wind) 2020-10-16 10:24:01

yes

Bethlehem Star 2020-10-16 10:25:41

Last night I tried entering
the fear of death twice, but I
felt it wasn't safe and came
back out.

Wind 2020-10-16 10:26:11

Ha ha

Success once

Then a second time can be done

And then once again, and
once again, the Star of Bethlehem.
2020-10-16 10:26:38

Looking back now, I'm sure I didn't die.

I released enough of my desire for control and validation during
the day, and before going to sleep at night, I felt I could delve into the fear
of death and take a look.

Wind 2020-10-16 10:28:47

Yes, only one decision is needed.

You'll see it.

Bethlehem Star 2020-10-16 10:29:12

The prerequisite is to first release the desire for control and
recognition, then you will clearly see that what lies beneath is
the desire to survive, and then you can decide to infiltrate.

I still want to go
in and see what
happened yesterday
that wasn't
successfully
released.

Wind 2020-10-16 10:30:10

Yes, once you release the desire for control and
identification that's covering up the fear of
death, it will naturally surface.

Bethlehem Star 2020-10-16 10:30:36

The fear of death will be very obvious.
The feeling of being more confident in
defeating something the first time is
essentially just a matter of
experience.

Because we can't see it usually, we can't
do anything about it, so it keeps trying
to drive us by wanting to control and get
our approval.

Wind 2020-10-16 10:30:49

I can go in whenever I want
now, as long as I decide to
face the fear of death.

It popped up immediately.

The sense of peace that comes
after releasing it is
indescribable. The fear of death

has driven a great deal of mental activity, and progress during this period has been greater than ever before.

Although I've had the original process for a long time, it seems sharing is indeed useful.

Bethlehem Star 2020-10-16 10:33:50

Yes, many people in the group have made significant progress in just the last two days compared to a long period of time before.

Miracle 2020-10-16 10:33:11

@Wind ? Besides the urge to control my chest and abdomen, I also have a urge to control my head. Do I need to release that urge separately? What is the desire to control my thoughts?

Wind 2020-10-16 10:33:44

When you feel the urge to control something, simply let go until you no longer feel the urge to control it.

Wind 2020-10-16 10:36:15

The progress of the people in the group is foreseeable.

Progress

Because I made great progress when I first encountered the original process.

What I just said was that after I translated and shared those things, there was surprisingly a lot of interest during this period.

I was on October 16, 2020. 10:37:07

I've discovered that the suffering I endured in the past due to improper methods has transformed into a tremendous driving force now that I have the right methods, which I cherish and strive to improve upon.

The method was wrong; the forced release was painful, but it was all worthwhile. (Bethlehem Star)

2020-10-16 10:38:15

Haha, I found it really interesting back then, that I discovered someone like me who had watched all of Lester Levenson (The Sedona Method) 's audio and video recordings . @风

风 2020-10-16 10:39:33

我很 接触释放法，那时候看了很多人教但我基本不说话
我当时觉得市面上所有人教的都有问题，所以把所有群都退了自己开始找资料
找到了之后，我就自己释放去了基本不接触任何灵修圈的人士
我之所以会加这个群是因为我当时卡住了我想要和别人交流一下经验
但发现好像没人知道原始流程，我就没说话了
过了几天，我看大家释放的方法千奇百怪，忍不住翻译了几篇莱斯特的音频然后把 92 年视频翻译了一部分
之前其实我和别人分享过我的方法但他们更愿意相信“老师”
所以这两年我都没有成功分享过给谁只有在群主这里分享成功了
有很多老师甚至宣称自己开悟了但是教的方法完全不对头

Bethlehem Star 2020-10-16 10:46:18

My standards for enlightenment are very high.

2020-10-16 10:46:37

I can't tell who is truly enlightened, but I can spot a fake enlightened person within minutes because they all use the same rhetoric.

Bethlehem Star 2020-10-16 10:47:07

That's enlightenment, beingness, like Lester Levenson (The Sedona Method) 's. only

Wind 2020-10-16 10:49:06

But I generally don't judge: I
judge who is enlightened and
who is not by my methods.

I won't say a person is bad,
or that a person is good, but
I will say a method is good.

The other method cannot reach the destination.

I was on October 16, 2020. 10:49:38

A few days before you joined the group, a rectification campaign suddenly started. I suddenly became fed up with all these incorrect methods of "release," and kicked out all the "teachers" and other members who trusted other teachers' methods. Then I started discussing "release" in the group. But a few days later, I suddenly felt very emotional. I realized that after years of "release," I hadn't met a single person I felt was good at it. All those so-called "release teachers" were wrong; there wasn't even one who could communicate with me normally or understand me. Then I lamented that it would be great if there was someone who could communicate with me and help me promote "release," but unfortunately, there wasn't. I didn't expect you to appear [smiling face] @风 I've noticed that all of these things were foreshadowed; my sudden rectification campaign seemed to be a preparation for your arrival.

风 2020-10-16 10:51:13

群主还是保守的，他说奇迹课程也可以达到终点我认为不行
以自由为目的的人马上抛弃奇迹课程释放法不是唯一到
达终点的方法
但奇迹课程不是

I was on October 16, 2020. 10:53:22

@Wind ? When I said A Course in Miracles can lead to enlightenment, I meant that some of the words in it, such as the one that talks about the fear of death as something we will eventually have to face, can inspire people and give them hope of enlightenment. I didn't mean that the method of A Course in Miracles can lead to enlightenment.

Wind 2020-10-16 10:54:13

If it's about inspiration,
then you have to figure out
the method yourself, and
figuring it out yourself is
so difficult!

Bethlehem Star 2020-10-16 10:54:37

A Course in Miracles is
not suitable for
everyone because it has
a very high barrier to
entry.

I was on October 16, 2020. 10:54:42

I spent several months trying to fix it, but it didn't really help. Besides, there were just too many concepts involved; it was confusing.

Someone like me with some basic knowledge can still glean some understanding from it, but if you don't have any basic knowledge, it's just a complete mess.

I've seen many people studying *A Course in Miracles* who are foolish and too easily trapped in their ego and the Bethlehem Star.

2020-10-16 10:55:57

The same goes for foreign
miracle circles @I am Infinite Wind

2020-10-16 10:56:30

I don't see it that way. I think A Course in Miracles is a similar teaching. Because I feel I can clearly distinguish between the account of someone who has actually experienced it and a conceptual one. Of course, this is just my personal opinion and for reference only.

After all, I didn't
reach the finish line either

. 2020-10-16 10:57:12

For example, the method of release is explained very clearly and explicitly by him, but in A Course in Miracles it's all very chaotic. I personally find it very difficult to make sense of anything in it.

Bethlehem Star 2020-10-16 10:57:21

From my perspective, many people don't understand *A Course in Miracles* . 2020-10-16 10:57:28

However, Lester Levenson (The Sedona Method) is the clearest, especially as he releases more information.

The more I experience the similar teachings behind miracles, the more I realize that I wouldn't have said this so directly before.

After experiencing the release of my inner sanctuary, I can say directly that *A Course in Miracles* is a similar teaching and cannot lead one to the ultimate goal.

Because the person who conveyed this method was probably not awakened themselves, and might be some high spirit that was deceiving people.

I do know a very accomplished person privately, but he's not involved in any spiritual circles . 2020-10-16 11:03:19

If an unenlightened person preaches the Dharma based on their own understanding, they are prone to making mistakes because they are limited by their own interpretation.

This is why it is so important to find materials here that contain Lester's own personal teachings.

Just like the Book of Abundance and Saint Donapha, although the book contains all the information, if the author modifies, adds, or subtracts from it, you'll end up with a complete mess.

Just like Haier in a release process, everything was fine at the beginning, but the last step became acceptance. It's about accepting that thing. Leaping Flame 2020-10-16 11:05:47

I think A Course in Miracles is alright; the content isn't too

biased.

I could feel the love, but I
only read two chapters . [Facepalm]
2020-10-16 11:06:59

Your requirement is impartial.

My requirement is
that the map must be
accurate ; even a
slight error can lead
to a huge
discrepancy.

I was on October 16, 2020. 11:07:35

If *A Course in Miracles* truly is a path to enlightenment transmitted by
Jesus, but because it's relayed— and in cases like Haier's—it's been distorted,
leaving you confused.

Wind 2020-10-16 11:08:04

Jesus' communication does not involve psychic methods.

Lester said that Jesus himself can
have coffee with you; he's
already back.

Read Yogananda's autobiography; the astral body
can appear directly in front of you, and the
causal body can appear anywhere.

No need to use a pipe attachment

Lester also mentioned that
the high spirits liked to fool people .

2020-10-16 11:11:31

So, according to your suggestion, I'll make a wish now, asking
Lester to transform into a star and come before me to see me. That's possible,
isn't it?

Wind 2020-10-16 11:11:37

Um

It can even be
done through physical wind

2020-10-16 11:12:02

If you're
willing, they're
willing, and you
can accept it.

Many practitioners of the
Liberation Method have seen
Lester's critiques of certain
methods; I'll only mention it
once and won't discuss it
further.

Only the release method will be discussed.

Roller Coaster 2020-10-16 11:13:12

When you released the wind, did you
feel Lester's blessing ? 2020-10-16 11:14:16

I don't want blessings

I believe I can reach
the finish line; I
think I can do it.

No external force required

So I never called on
Lester Levenson (The
Sedona Method) if
there was a way.

There's no need to trouble him personally.

It takes time.

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.	external
My statement about *A Course in Miracles* was	assistance.
a calm assessment; I wasn't trying to	I used to
convince those who study it.	study
	Buddhism,
However, I	which also
believe anyone	has many
who experiences	elements of
deeper	external
liberation will	power, but
understand this;	Theravada
those who truly	Buddhism is
desire freedom	primarily
will not engage	self-reliant
in intercourse.	, so I
My personal preference is for methods that	practiced it
rely purely on self-reliance.	for a while.
I'm not very	Ultimately,
interested	we must rely
in anything	on
that	ourselves.
requires	Because there was no one else

I was on October 16, 2020. 12:18:48

The release method was developed by Lester, who discovered that a day of release was more effective than months of meditation, and began teaching it.

Released

Wind 2020-10-16 12:19:04

It is a release once

one release

One release is

equivalent to several months of

meditation . 2020-10-16 12:19:29

I was just wondering if I'd exaggerated, but it turns out I wasn't.
That's why direct instruction is so important;
even a slight mistake, like mispronouncing a
single word, can greatly diminish the meaning
of a saying.

Huixuan 2020-10-16 12:29:09

Is there a minimum time limit?

Does a few minutes count as wind? 2020-10-16
12:30:51

Successful release

hai 2020-10-16 12:37:34

I prayed for Lester's help because the release was very difficult.
Then, a few days later, Feng joined the group. I usually don't check the group
much, but that day I inexplicably joined and saw Feng's posts from the first few
days. It felt like Feng was a mentor sent by Lester. Thank you, Feng, and thank
you, Lester. This is just my personal opinion.

Is this a coincidence? There
really wasn't a difference of more than a
few days in between. 2020-10-16 12:46:33

Just consider these kinds of
things as coincidences; I won't
accept those arguments that
encourage ego.

We are all practitioners of the Liberation Law, let's cheer each other
on!

Sophie 2020-10-16 14:19:56

@Wind ? I'd like to ask Teacher Wind to give me a release guidance
session.

I've discovered I have a pattern of exhibiting assertiveness out of

风 2020-10-16 14:20:42

嗯，看看你现在对它的感受，是想要控制还是想要认同？ 苏

菲 2020-10-16 14:20:54

想要控制 风

2020-10-16 14:21:07

你能觉察到这个想要控制吗？

苏菲 2020-10-16 14:21:16

能

风 2020-10-16 14:21:24

它离开了吗？

苏菲 2020-10-16 14:21:50

离开了一些

风 2020-10-16 14:22:18

嗯，还有剩下的想要控制吗？

苏菲 2020-10-16 14:22:41

感觉很多的想要安全

fear of being hurt by others.

It's okay, just pick one.

Allow yourself to
become aware of the desire for Sophie
2020-10-16 14:24:10

Um

Wind 2020-10-16 14:24:12

Has it left?

(Sophie , 2020-10-16)
14:24:21

No

Wind 2020-10-16 14:24:37

Are you
stuck? Sophie 2020-10-16
14:24:49

Yes

Wind 2020-10-16 14:24:58

Do you want to change this
feeling of being stuck? Sophie 2020-10-16
14:25:12

want to

Wind 2020-10-16 14:25:39

Allow yourself to become
aware of this desire to change Sophie
2020-10-16 14:26:03

OK

Wind 2020-10-16 14:26:17

Has it left?

(Sophie , 2020-10-16)
14:26:44

No

Wind 2020-10-16 14:26:59

Do you want to control
this process? Sophie 2020-10-16
14:27:12

want to

Wind 2020-10-16 14:27:37

Can you sense this desire
to control? Sophie 2020-10-16 14:27:53
able

Wind 2020-10-16 14:28:36

Has it left?

(Sophie , 2020-10-16)

14:29:01

Left

Wind 2020-10-16 14:31:36

Hmm, is there more you want
to control? Allow yourself
to become aware of it.

Sophie 2020-10-16 14:32:13

Yes, um.

Wind 2020-10-16 14:33:07

Has it left?

苏菲 2020-10-16 14:33:51

离开了一些

Wind 2020-10-16 14:34:35

Yes, continue with this process.
Continuously allow yourself to become
aware of the urge to control or identify,
and then let it go.

Sophie 2020-10-16 14:35:16

Okay, thank
you, Teacher Feng.

2020-10-16 14:39:07

You're welcome

Yitian 2020-10-16 15:30:28

Is the desire for approval a deeper level of desire than the desire
for control ? @Wind

The desire for security—the desire for acceptance—the desire for
control—is this the order from deepest to shallowest?

风 2020-10-16 15:33:05

是的
莱斯特两段话，讲的很清楚

莱斯特 早期教导和奇迹课程可不是一回事
莱斯特 早期教导是觉者讲的真理，理论上没问题，而奇迹课程理论也有问题大部
分修行方法我都研究过
也尝试过
有些是真正觉者教授的方法，有些不是一
般我不会刻意去批判一个方法
但是有人问我真伪，我不会避讳这一点我
会直接说出我自己的判断
因为真伪问题，可是会让人走一辈子的弯路也
许不止一辈子
我不会为了认同去和稀泥

Ma Wei , 2020-10-16 15:41:56

I haven't studied *A Course in Miracles* much. I studied it for a while. I read
the supplementary books *Farewell to Samsara* and *Breaking the Cycle of
Reincarnation*, which I found quite good. Some insights in *Farewell to Samsara*
resolved many of my doubts. However, later I encountered the Indian Vedanta
philosophy of non-duality, which was very straightforward, so I stopped studying
A Course in Miracles. [Grinning face]

Wind 2020-10-16 15:42:31

Is Vedanta
non-dualism the
doctrine? I've
encountered all
of these.

Why do I say that the
essence of A Course
in Miracles also has
problems ?

Because the experience of awakening is very
easy to articulate , but difficult to judge.

Debating the authenticity

None of these are the truth

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Since I don't intend to get involved in the
spiritual community, I don't intend to
correct anyone.
Generally, if someone tells me those
things, I just let them continue to express
them; I won't go and talk to others about
them.
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e	However, I personally think it's quite
t	reliable [smirk]
h	New Age teachings, including the Seth
i	books, and anything I've come across that
n	teaches through channeling, are all
g	relevant.
:	

Ask : All the books that I read say the same thing ; Patanjali says it, Yogananda says it , the Gita says it and the Vedas say it ; they all say It. Question: All the books I've read say the same thing. Patanjali says it, Yogananda says it, the Bhagavad Gita says it, and the Vedas say it too.

Lester: And they said it a thousand years ago, a million years ago, a billion years ago, a billion billion years ago, and in the future they'll say the same thing. Because Truth is that which never changes; It is changeless. The basic Truth will never change in all eternity and you can know this for the entire universe. If somebody come from a planet billion and billions of light-years away and tells you otherwise, no matter how high he looks, acts and talks, if it doesn't fit in with What you know of the changeless Truth, you can be sure he's wrong, even though he's acting and looking like a God.

A: They said the same thing a thousand years ago, a million years ago, a billion years ago, countless years ago, and they will say the same thing in the future. Because truth never changes, never changes, and this is true for the entire universe. If an being from countless light-years away tells you the opposite, no matter how much their words and actions resemble God, if what they say contradicts the unchanging truth you know, you can be sure they are wrong.

Do you know What I'm Saying? Even if an angel tells you something, if it's not in law with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled, -

until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. Truth is the same everywhere . Truth permeates the entire universe.

I don't
comment on
anyone, I only
comment on the
methods.

I have read the English version of A Course in Miracles.
I am 100% certain that it is a false law.

The era of the Internet of Everything 2020-10-16 15:51:02

@Wind ? What is truth?

风 2020-10-16 15:51:53

我们是无限存在

The era of the Internet of Everything 2020-10-16 15:52:29

This statement is the truth.

风 2020-10-16 15:53:08

嗯，真理只能通过体验不能用语言文字来
传达

ZOEY 2020-10-16 15:54:25

@FengBasha

Communications, what do you think?

Feng 2020-10-16 15:54:33

fake

Ah Zheng's daughter is a troublemaker 2020-10-16 15:54:54

@Wind ? What does

Star Home do? Wind 2020-10-16

15:55:07

Never heard of it

One hundred unawakened people cannot piece together one
miracle of awakened insight with their own minds. 2020-10-16 15:58:31

However, I have a question for Feng. For example, will the industry one
works in be adjusted after the release from the law?

Okay?

风 2020-10-16 15:58:43

释放会得到自由

Miracle 2020-10-16 15:59:21

For example, I'm planning to work in insurance. But I'm hesitant. Insurance is all about risk, so I'm worried about potential conflicts with other insurance policies. I can't quite grasp the concept.

Wind 2020-10-16 15:59:43

It's okay, just release what you want to control.

Miracle 2020-10-16 16:00:18

I worry that insurance focuses on too many fears, and that my mind won't be free. That's my biggest concern.

风 2020-10-16 16:01:03

所有思想都是限制性思想它们都是感受驱动的
而所有感受都是想要控制和想要认同包括你这个想法

Miracle 2020-10-16 16:02:07

I'm not free yet. I bought insurance out of fear, and I only did it because I thought it was reliable. That's also a limitation.

Bar

Wind 2020-10-16 16:02:16

yes
But you find that you are freed from these limitations, allowing you to unleash your basic desires without getting caught up in these thoughts.

It is entirely possible to live without working. You live by working, which Lester calls a slave mentality; you believe you'll die if you don't work.

Wind 2020-10-16 16:11:53

After two days of exposure to the "world," my condition has clearly declined; I even felt a little tired just now.
I've already released it; I can't let it happen again.

Keep it up everyone!
[roses][roses][roses] Let's
encourage each other!

Miracle 2020-10-16 16:13:05

Teacher, wait a moment
Could you please
guide me on how to
start asking this
question?
Just release the fear directly.

风 2020-10-16 16:13:52

想到你的财务状况，你的第一感觉是什么？想
要控制还是想要认同？

把对目标的想要控制和想要认同释放掉如
果有想要安全浮现，就释放掉

Huixuan 2020-10-16 16:16:15

@Wind ? What would

happen if you were free ? Wind

2020-10-16 16:16:48

As for freedom, I don't
know anything about it.
I went to release
myself.

October 16, 2020 (New) Feng summarized the process of
releasing desires, answered some questions, and...

Lead everyone to release

I was on October 16, 2020. 13:11:12

@Wind ? Come to this group and mentor the newbies! It's full of newbies
here [laughing emoji]

Wind 2020-10-16 13:15:05

Put the six steps aside
All the knowledge needed for releasing techniques is contained within.

D 2020-10-16 13:17:21

@Wind ? When I feel sleepy, I feel like I'm "aligning myself with
sleep" rather than trying to control it. Releasing this feeling immediately makes
me feel less sleepy.

Wind 2020-10-16 13:18:08

That's fine too.
Being aware of desire is a very
personal thing . 2020-10-16 13:18:44

You don't need someone to tell
you which desire you have.
When I guide you, I just ask
which one it is, and you
decide which one you feel it
is.

Luo Wanyu 2020-10-16 13:32:24

Do different emotions
require different release methods? (Wind)

2020-10-16 13:33:20

Need not

The same process applies.

Have you experienced the feeling of release?

Yan 2020-10-16 13:43:51

@Wind ? Yesterday, I followed your advice and tried to release my desire for change, to release my fear of death. But I ran into another problem. During the release, a thought popped into my head: I only have ten years to live. In ten years, I'll be gone. Can I allow this thought? I've been trying to stop myself, and it's very painful. My mother was sickly since childhood and died at that age. I'm afraid of ending up like her. How can I escape this family fate?

Is it difficult to overcome
the fear of death? Thank
you.

Wind 2020-10-16 13:47:19

Do you want to control that situation?

Yan 2020-10-16 13:48:22

I want to, but I can't
stand it. It'll be over in
ten years. I want to
control it.

Want to live longer

I even wondered if I should start cherishing time
from now on, because I only have ten years left. 2020-10-16
13:52:22

Can you sense the urge to
control? Do you want to be
aware of your feelings?

Yan 2020-10-16 13:52:43

Can feel

wind 2020-10-16 13:52:50

Hmm, has it left?

Yan 2020-10-16 13:53:02

They haven't
left; they're still in the
wind. 2020-10-16 13:53:22

Do you still want to control that situation?

Yan 2020-10-16 13:53:45

Yes, they still want to
control it, they want longevity .
2020-10-16 13:53:58

Allow yourself to become aware of this desire to control

Yan 2020-10-16 13:54:22

Yes, I saw
the wind on October 16,
2020. 13:54:24

See if it's gone?

Yan 2020-10-16 13:54:45

No, how do I get it out?
Should I insert a tube? (Wind) 2020-10-16
13:56:39

unnecessary

It hasn't left. Do you want it to leave?

Yan 2020-10-16 13:57:09

I want it!

Wind 2020-10-16 13:57:19

Can you sense this desire?

Yan 2020-10-16 13:57:26

able

Wind 2020-10-16 13:57:55

Hmm, I

noticed its wind

2020-10-16 13:58:03

Has it left?

Wind 2020-10-16 13:58:42

Don't you know how to release your emotions?
If you're still unsure, you can
start by releasing your emotions, or
you can follow my guidance to try
releasing your desires directly. The
experience of releasing desires
might exceed your expectations.
So try not to
overthink or try to
do it.

Happy Cat 2020-10-16 13:55:10

Teacher Feng, are you referring to releasing desire rather
than feeling? Can I understand it that way? Feng 2020-10-16 13:55:31
Yes, in the original course, the release
of feelings is the first two days and the
last two days are the release of desires.
The process is simpler
Because desire is the cause of emotions.
Therefore, when a basic desire is released, thousands of emotions will
also dissipate.

Luo Wanyu 2020-10-16 13:57:12

What should I do if
I can't perceive my emotions ?
2020-10-16 13:59:59
Were you unable to sense
any emotions just now? Luo Wanyu
2020-10-16 14:00:11

Yes

Wind 2020-10-16 14:00:24

You can't feel emotions, but you want to
feel them, right? — Luo Wanyu 2020-10-16 14:00:43
Uh-huh

Wind 2020-10-16 14:00:51

This is what they want to control.
Are you trying to change how
you feel right now? Are you
aware of this desire to
control? Awareness is feeling.

Yan 2020-10-16 14:02:02

Did you realize
it was working? (Wind)

2020-10-16 14:02:18

no

Yan 2020-10-16 14:03:22

Should we ask three questions to release the feeling
of wanting to control our bodies and live a long life ? 2020-10-16
14:03:40

unnecessary

罗婉毓 2020-10-16 14:01:26

可以感觉到

风 2020-10-16 14:01:41

嗯，放轻松，只是觉察它允许自己更多地觉

察到它它离开了吗？

罗婉毓 2020-10-16 14:02:34

嗯，好像离开了

风 2020-10-16 14:02:50

还有剩下的想要控制，对吗？罗

婉毓 2020-10-16 14:03:02

嗯，是的 风

2020-10-16 14:03:16

觉察到它

它离开了吗？

Wind 2020-10-16 14:03:44

The process is very simple

If you want to

control that

situation, then

release what you

want to control.

Then allow more of the desire

for control to be noticed and

then let it go.

Allow more people to control

the situation, be aware of it,

and let it go.

The desire to express oneself is the same.

However, it's possible that when you're trying to express your desire for validation, you might suddenly get stuck.

This is because the desire for recognition drives the development of a desire for control, which causes you to get stuck. So whenever you get stuck, you become aware that you are trying to control this stuck situation and release your desire for control.

When the feeling of being stuck

turns into a feeling of

smoothness, you can continue to

release the desire for

recognition.

The six steps contain everything you need to know.

Yan 2020-10-16 14:06:34

Is letting it go merely a figment of my imagination? Or is there an action, a question, or something similar? The wind. 2020-10-16 14:06:42

The method I just guided you through
is that simple process, haven't you
experienced it yet?

We'll do it again before we even get to experience it.

Yan 2020-10-16 14:07:13

I feel a little more relaxed, but I still don't understand.

风 2020-10-16 14:07:36

你就允许自己觉察当下的感受，问自己，这是想要控制还是想要认同觉察到那个你最容易觉察到的“想要”

然后问自己“它离开了吗？”或者“我能放它离开吗？”

接着再看看自己还有没有剩余的想要控制或者想要认同继续让自己更多地觉察到它

Yan 2020-10-16 14:08:56

That might mean the
answer will always be no, oh wind.

2020-10-16 14:09:08

OK

If you feel resistance or strain, and you're trying to speed
up the process, that's a desire for control. Once you become
aware of this desire to control, you can release it.

Keep trying.

Yan 2020-10-16 14:10:10

Yes, I often want to rush, but I don't exert enough effort.

风 2020-10-16 14:10:10

你能够感觉到想要控制吗？

Yan 2020-10-16 14:10:19

能

风 2020-10-16 14:10:30

嗯，它离开了吗？

Yan 2020-10-16 14:10:38

No

Will you keep
answering this
question until you
get a yes?

风	2020-10-16 14:11:10	你想要控制这个过程，让它快一点吗？
Yan	2020-10-16 14:11:20	是啊
风	2020-10-16 14:11:29	你能够觉察到这个想要控制吗？只是觉察到
Yan	2020-10-16 14:12:06	是的
风	2020-10-16 14:12:15	嗯，它离开了吗？
Yan	2020-10-16 14:12:26	好像少了些
风	2020-10-16 14:12:42	

少了些，但是还有，对吗？

Yan 2020-10-16 14:12:48

是的

风 2020-10-16 14:12:57

允许自己只是觉察到它
它离开了吗？

Yan 2020-10-16 14:13:27

是的，我想要快点

风 2020-10-16 14:13:40

嗯，能看到自己想要控制它吗？

Yan 2020-10-16 14:13:44

能

风 2020-10-16 14:14:03

嗯，这个想要控制被释放了吗？

Yan 2020-10-16 14:14:14

差不多了

Wind 2020-10-16 14:14:25

Repeat this
process until
you feel free.

Yan 2020-10-16 14:14:41

Okay, I understand. I've been asking myself that.
Why did your guidance feel so simple and easy, compared to the three
questions I asked myself? It felt much more effective.

Strength, discomfort

Wind 2020-10-16 14:15:51

You'll learn
through practice;
relax and
practice more.
If you use force, then it doesn't
conform to the sixth step of the
six-step process, where you need to
release what you're trying to control.
And this is the fifth step.

Yan 2020-10-16 14:16:36

Yes, if you use too
much force, you won't be able to
move freely. 2020-10-16 14:16:41

The six steps contain everything you need to know.

宏 2020-10-16 14:16:45

@风?比如我头很疼，想要不疼就是想要控制。无论释放多少次，头还是疼，
还是想不疼。这个想要控制就释放不掉。

Can you see this and want
to control it? Macro 2020-10-16
14:17:37

able
Wind 2020-10-16 14:17:52

Allow yourself to be
more aware of its macroscopic nature
2020-10-16 14:18:12

Um
Wind 2020-10-16 14:18:29

Has it left?
Macro 2020-10-16 14:18:39

No
Wind 2020-10-16 14:18:53

Do you want to control this
release process? Macro 2020-10-16 14:19:06

Yes
Wind 2020-10-16 14:19:17

Hmm, can you sense this desire
to control? (Macro) 2020-10-16 14:19:27

able
Wind 2020-10-16 14:19:39

Hmm, see if it's
gone? Macro 2020-10-16 14:20:34

To control the release process, this
one needs less wind. 2020-10-16 14:20:57

Hmm, is there
more? Macro 2020-10-16
14:21:07

Yes
Wind 2020-10-16 14:21:18

Allow yourself to
be aware of its wind
2020-10-16 14:21:34

Has it left?
Macro 2020-10-16 14:21:43

besides
Wind 2020-10-16 14:22:01

Allow yourself to be
more aware of this
moment and see if it
has left.

Hong 2020-10-16 14:22:52

There's
also [facepalm] wind

2020-10-16 14:23:05

Is it
stuck? (Macro ,
2020-10-16) 14:23:20

Yes

Wind 2020-10-16 14:23:26

Do you want to change this
feeling of being stuck? Macro 2020-10-16
14:23:34

Yes

Wind 2020-10-16 14:23:42

Can you simply perceive this
desire for change? (Macro) 2020-10-16
14:23:52

able

Wind 2020-10-16 14:24:25

Did this person want to
change and leave? It's
just that this person
wanted to change.

Hong 2020-10-16 14:24:59

No

Wind 2020-10-16 14:25:19

Can you perceive this
desire to change? Allow
yourself to become aware of
this desire to change.

Hong 2020-10-16 14:25:33

able

Wind 2020-10-16 14:25:57

Well, it was just easy
to sense its wind. 2020-10-16
14:26:01

Has it left?

Macro 2020-10-16 14:26:56

besides

Wind 2020-10-16 14:27:09

Do you want to control this
release process? No
problem, just continue.

Do you want to control this
release process? Macro 2020-10-16

14:27:29

Yes

Wind 2020-10-16 14:27:52

Can you sense this desire
for control? Macro 2020-10-16 14:28:01

able

Wind 2020-10-16 14:28:12

Has it left?

Macro 2020-10-16 14:29:14

It seems not. If you leave, does that mean
you're letting things get stuck? (Wind) 2020-10-16 14:31:54

Do you want to continue?

I can continue to show
you how to use macros . 2020-10-16
14:33:20

@Wind ? Thank you [rose], I'll continue using this process myself, it's too
much trouble for you.

Wind 2020-10-16 14:33:47

It's okay, the main thing is to
let you experience the process.
Once you experience it, you'll
know what it's like.

Hong 2020-10-16 14:34:22

[Strong], the more you
anticipate, the easier it is to get
stuck with the wind. 2020-10-16 14:34:23

You can try it yourself. Relax and make the
process easy for you. Keep it simple.

Hong 2020-10-16 14:34:51

Okay, thank you [rose]
Anticipating the release effect, yet also wanting to control it.

Yan 2020-10-16 14:27:57

Did you experience headaches, vomiting, or a strong physical reaction
during the release process? Is there something wrong? The actual
release is...

Easy?

Wind 2020-10-16 14:28:28

Sometimes it happens, but most of the time it's easy.

Yan 2020-10-16 14:29:50

Is it necessary to place both hands on the chest and
abdomen to release tension? Should one feel the body's reaction in
the chest and abdomen? (Wind) 2020-10-16 14:31:27

No, things went smoothly once I left.

Yan 2020-10-16 14:36:50

Wind, I even want to become
your apprentice! [Grinning face] Wind
2020-10-16 14:37:17

The six steps are the teacher
This is a process of self-growth.

Yan 2020-10-16 14:38:49

You guided me well.

a man 2020-10-16 14:38:58

Do you think that the first step of the six-step process—wanting
freedom more than wanting recognition and control— is this desire greedy, a
desire for control? Does it need to be released?

Wind 2020-10-16 14:40:43

According to Lester in the audio, you use your desire for freedom

to destroy your desire for the world (your desire for control and your desire for acceptance).

Once you release these two desires, the fear of death will emerge; you will release your entire mind.

It was eliminated.

W
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Therefore, as long as you desire
freedom, you will make free
decisions, and you will be able
to continuously release
yourself, which will lead you to
freedom.

催 Sleep Master - xuxu 2020-10-16 14:42:11

So there's no need to release the "desire for freedom," that's a foundation, right? (Wind) 2020-10-16 14:42:37

All you need to do is release the desire to control and identify.

If when you think about the theme of "freedom" you feel a desire for control and validation, then...

release

Yan Guilai 2020-10-16 14:42:54

I get nervous when speaking in public.

How can I relax and ease this tension ? 2020-10-16 14:43:13

Do you want to control that tense situation? (Wild Geese Return) 2020-10-16 14:43:36

I want to become less nervous and more calm and composed.

Wind 2020-10-16 14:43:47

Hmm, can you sense this desire to control it now? (Wild Geese Return) 2020-10-16 14:44:01

able

Wind 2020-10-16 14:44:11

Allow yourself to become more aware of it. Has it left?

Yan Guilai 2020-10-16 14:44:23

Um

Wind 2020-10-16 14:44:36

Do you still have any desire to control that tense situation? (Wild Geese Return) 2020-10-16 14:44:52

There's too much to say; this tension has persisted for decades.

Wind 2020-10-16 14:45:08

Hmm, do you want to change it? (Wild Geese Return) 2020-10-16 14:45:11

besides
I used to want to
change, but I was
always troubled
and never
succeeded.

Wind 2020-10-16 14:45:43

Can you now sense that desire for
change? (The wild geese return) 2020-10-16
14:46:03

In awareness

Group member 2020-10-16 14:48:45

@Wind ? I feel that while the control was being released,
the suppressed emotions below were also released almost simultaneously,
like wind. 2020-10-16 14:49:48

Yes

Because wants is cause of feelings
Wanting is the cause of emotions
Releasing your desires once will release the
emotions of thousands upon thousands of other group members
below you. 2020-10-16 14:52:25

It seems like simply releasing control is enough; the feeling of
control being everywhere, the desire for approval, ultimately stems from wanting
to control the reactions of people and things.

Wind 2020-10-16 14:52:43

Identification is the cause of control
Feeling unappreciated, they try to
control others to gain their approval;
their desire to survive stems from
this need for validation.

Group member 2020-10-16 14:53:12

Does that mean you want approval
before you want control? (Wind) 2020-10-16
14:53:16

You feel safe if others agree
with you. I'll send you
Lester's exact words.

Lester Levenson (The Sedona Method) : Releasing the desire for approval and
control is also a shortcut, compared to releasing all the emotions beneath them.
Approval and control. When you no longer want approval and control, all the
emotions beneath them leave. But until you release the fear of death, you still
have the desire for approval and control. The only reason you want everyone's
approval is because it gives you safety and survival. If we don't get approval,
you want to force them to, and that makes you safe. That's control. But when you
release the desire for approval and control, all the feelings beneath it leave.
What's left is simply the desire for approval and control, which you release by
releasing the fear of death. When you get there, it becomes very easy for the fear
of death to surface. You reach a point where it pushes itself up and pushes itself
out. You sit there, completely watching it, and it expels itself. Then you laugh,
and your mind shuts down. It's a silly joke that plays with your true self,

thinking you're restricted, but you never are.

Lester Levenson (The Sedona Method) : What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release.

Wind 2020-10-16 14:57:29

The theory is very simple

The practical

process is

simple, yet its

power is immense.

Go forth and reap all the benefits.

When guiding others to release their emotions, you yourself need to release your desire to control and identify with them. This will make the guidance more effective.

The Sedona Institute in Lester Levenson (

The Sedona Method) used to do this; the

release method teachers would go through the

process before guiding the students.

Wind 2020-10-16 15:02:55

Control and

identification are

released together ;

release whichever one

you become aware of.

A carefree life 2020-10-16 15:03:48

Oh, I understand.

Thank you, teacher . 2020-10-16

15:05:24

You're welcome

JianWang 2020-10-16 15:05:22

@Wind , where are

you in seclusion? Wind 2020-10-16

15:05:45

I'm currently in seclusion in Pudong, Shanghai, just like Mr. Lester Levenson (The Sedona Method) , right in the heart of the city [smirk]. However, some friends came to visit these past two days, so I'm not in seclusion anymore.

Luo Wanyu 2020-10-16 15:06:36

@Wind ? Thank you for

your guidance today, teacher .

2020-10-16 15:07:19

You're welcome

A carefree life 2020-10-16 15:08:12

@Wind ? Closing your eyes allows you to calm down and not be disturbed by other things, enabling you to focus on releasing energy . 2020-10-16 15:08:41

uncertain

Actually, you're just disturbing yourself.

JianWang 2020-10-16 15:08:47

@Feng , is it at home or in a dedicated seclusion center? 2020-10-16 15:09:00

Home

A carefree life 2020-10-16 15:10:55

@Wind ? I'm just starting to learn and can't concentrate. What should I do ?

2020-10-16 15:11:02

release

Will you release it?

Once you understand, use it.

Use it once and your mind will be calmer.

Lester says that just one release is equivalent to the mental calming effect of months of meditation.

one release

That's true.

I've learned many methods, and I've done various meditations and practices. One release is equivalent to several months' worth of their effects.

That's right

Strategy 2020-10-16 15:14:28

@Wind ? How exactly do I release my emotions? Why do I feel more and more pain the more I try to release them, and why do I keep reliving painful memories?

风 2020-10-16 15:14:49

你想要改变那个痛苦的状况吗？战

略 2020-10-16 15:15:01

@风?哭了 风

2020-10-16 15:17:34

你现在能够觉察到那个想要改变吗？

Yuanyuan 2020-10-16 15:14:27

@Wind ? How can I tell if someone wants to control me, wants to agree with me, or has left? Wind
2020-10-16 15:15:00

Have you ever felt a sense of release?

Feeling lighter and more joyful, accompanied by a more pleasant sensation as energy leaves the chest and abdomen.

Yuanyuan 2020-10-16 15:15:44

@Wind ? Have you ever experienced the release of emotions from your chest and abdomen ? 2020-10-16

15:15:51

Um

The experience of releasing desire is deeper than that.
feel noticeably more relaxed, joyful, and free.

2020-10-16 15:16:59

@Wind ? When you want to control and accept leaving, do the
emotions in your chest and abdomen dissipate? Do you feel very calm and relaxed?

Wind 2020-10-16 15:17:05

Um

Will go

deeper and more

thoroughly. (Yuanyuan ,

2020-10-16) 15:19:36

@Wind ? Is it true that when emotions arise in the chest and abdomen, they are traced back to a desire for control or identification? Once recognized, the desire for control or identification automatically disappears, and the emotional energy in the chest and abdomen dissipates? Is this the process ?

Wind 2020-10-16 15:20:18

Um

As long as you recognize the desire for control and the desire for identification

tendency for it to leave, and it will leave.

The emotions it caused will

dissipate . 2020-10-16 15:22:54

@Wind ? Okay, I understand, thank you! Also, when you go into seclusion to release your energy, do you do nothing but observe the sensations in your chest and abdomen?

Wind 2020-10-16 15:23:52

Continuously be aware of your desire to control and your desire to conform to repetitive processes.

Implementing six steps to continuously release

Yuanyuan 2020-10-16 15:25:19

@Wind ? Okay, thank you!

Elephant 2020-10-16 15:23:59

@Wind ? How to release physical pain? I'm new to the group and don't know how.

Wind 2020-10-16 15:24:23

Hmm, do you want to change that pain now? (Elephant) 2020-10-16 15:24:30

Be aware of the pain in your right hand and want to change it.

Wind 2020-10-16 15:24:44

Can you sense your desire to
change? (Elephant) 2020-10-16 15:24:53
able

Wind 2020-10-16 15:25:07

Allow yourself to become more
aware of this desire to change ,
this desire to change, and whether
you have left.

Elephant 2020-10-16 15:25:39

Is this how I keep thinking
about release? (Wind) 2020-10-16 15:25:50
no

You haven't experienced
the release of emotions, have you,
elephant? 2020-10-16 15:26:14

I don't know, this is
my first time joining a group .
2020-10-16 15:26:25

The center of human sensation is in the chest and abdomen.
You can experience
emotions in your chest
and abdomen. There are
nine types of human
emotions, from low to
high.
The feeling of emotional release
is when your emotions dissipate ,
accompanied by a sense of ease and
pleasure.

大象 2020-10-16 15:27:03

我只感觉右手疼痛，没有想胸腹部位

我是反复想：我愿意放下右手疼痛的控制欲就这样反复想，不
知道对不对

风 2020-10-16 15:27:47

不要这样想 这是压抑情绪

Elephant 2020-10-16 15:28:12

So I'd like to

ask you, @风风 2020-10-16

15:28:24

Hmm, are you able to simply be aware
of this desire to change? Just allow
yourself to be aware of it?

Feel it

Elephant 2020-10-16 15:28:51

I can sense the
desire to change . 2020-10-16
15:30:25

Yes, stay aware of it.

Asagao 2020-10-16 15:29:33

@Wind ? Is the emotion of utter despair
the hardest to release? Wind 2020-10-16 15:29:44

Asagao, who finds it
easy to release her emotions
2020-10-16 15:29:49

These are all vague feelings.

RainForest 2020-10-16 15:30:59

Teacher Feng, if you want to control something (like change it),

you don't need to ask the three questions, because you usually leave once you realize you want to control it, right?

Wind 2020-10-16 15:31:07

Yes

Asagao 2020-10-16 15:31:08

I don't feel the emotions in utter despair @Wind

大象 2020-10-16 15:31:10
不断觉察?
风 2020-10-16 15:31:18
不是不断觉察

第一步是觉察你的感受，认出它是想要控制还是想要认同大象 2020-10-16 15:31:43
想控制
风 2020-10-16 15:31:49
第二步是问它是否离开了？
大象 2020-10-16 15:31:57
没有
风 2020-10-16 15:32:16
嗯，如果没有离开，那就看看自己是不是想要改变它？然后觉察这个想要改变
然后再问自己“它有没有离开？”大象 2020-10-16 15:35:13
这就是释放啊，懂了我继续练习去

Chloë • 2020-10-16 15:33:04
the wind even though I
haven't left. 2020-10-16 15:33:18
Yes, I noticed this
and wanted to allow
it to surface.
Then, see if it leaves?

Chloë • 2020-10-16 15:33:40
That's about it.
It seems I've come to accept myself as I am; having fewer desires brings me peace.

Asagao 2020-10-16 15:32:04
Don't we need to
know emotions? (Wind)
2020-10-16 15:36:48
No need to specifically know emotions

Wenlan 2020-10-16 15:36:36
@Wind ? Do I have to release every emotion in the
emotion chart myself ? 2020-10-16 15:36:54
no
those emotions will automatically
dissipate as long as you only
release your desires.
Because they are all driven by a
desire for control and validation . 2020-10-16
15:38:10

good

Asagao 2020-10-16 15:38:39

Releasing desires means not experiencing
strong emotions, right? Or rather, not
getting caught up in emotions, right?

@Wind

Wind 2020-10-16 15:39:15

uncertain

Sometimes, it is accompanied by strong emotions.

Group members

How many years have you been studying the release method?

Wind 2020-10-16 15:48:52

Six years

Bingzi 2020-10-16 15:49:03

@Wind , I love you so much!

Wind 2020-10-16 15:49:22

Thank you, I love you too.

Luo Wanyu 2020-10-16 15:49:47

@Wind ? I want to control my son's phone
use, how can I release the wind? 2020-10-16 15:51:06

Can you sense this desire
to control? (Luo Wanyu) 2020-10-16
15:51:33

Yes, there is.

Wind 2020-10-16 15:51:41

you notice
more of it
leaving?

Luo Wanyu 2020-10-16 15:51:56

No

Wind 2020-10-16 15:52:55

Do you want to control
this process? Luo Wanyu 2020-10-16
15:53:14

Yes

I want this emotion
to leave the wind. 2020-10-16
15:55:24

Hmm, is this an attempt to control?

Can you simply perceive this
desire to control? (Luo Wanyu) 2020-10-16
15:56:07

Hmm, I noticed it gradually disappearing
through observing my breath . 2020-10-16 15:56:20

No need to observe breathing
it simply a matter of

noticing this urge to
control it and then
watching it leave?

Luo Wanyu 2020-10-16 15:56:34

Um
Left

A carefree life 2020-10-16 15:53:25

@Wind ? Can't you sense
it and can't release it? Wind
2020-10-16 15:54:00

Awareness is about bringing subconscious
feelings to the surface ; only by being
aware of them can you release them.

2020-10-18 (New) Six Steps to Explain Feng Shui

Wind 2020-10-18 11:00:19

Your understanding is incorrect.
The "purpose" isn't the problem; the
problem lies in not conforming to the
six steps. Let me explain further.
When the process says "allow yourself to
be aware," it doesn't mean you should
try to dig deep, but rather that you
should do nothing at this moment.
What do you notice in a situation?
Why doesn't the course teach
you "how to be aware" without
requiring effort or control?
Because "how" involves mental
effort.

Wind 2020-10-18 11:07:49

For example, if you ask yourself
whether you want control or validation
right now, you'll immediately become
aware of it.
If you can't, then you just want to be able to.
Wanting things to go your way is
simply wanting control, which is
very simple.
So, let me repeat: you must
remember these six steps, keep
them close at hand, and refer to
them whenever you have a chance.
Any questions about the release can be answered in six steps.

Wind 2020-10-18 11:07:49

I can explain step by step.
The first step is that "you must want

freedom more than you want control and identification." Wanting control and identification is a way of limiting your feelings.

But sometimes we are so foolish that we would rather have restrictions than freedom.

Sometimes you get stuck because you're unwilling to release them.

Just want it.

When you realize that the desire for control and identification limits you, you crave freedom even more, so the six steps don't really need explanation.

It's the simple, literal second step: making a free decision. A decision is a decision.

Because you wanted freedom, you decided to do it.

The third step is that all feelings are about wanting to control and identify with them.

You constantly feel that the whole world you see is about wanting to control and conform.

You are on guard 24 hours a day, trying to prevent the fear of death from arising. This defensive mechanism is a desire for control and acceptance.

The fourth step is continuous release. "Continuous" means sustained release.

You do it the first time, then you can do it a second, a third, a fourth... until you finally achieve freedom.

Wind 2020-10-18 11:12:02

Lester Levenson (The Sedona Method) said "there is no stop in the six steps

There is no "stop" in the six steps; "continue" simply means to continue.

The fifth step is the one you'll likely use the most at the beginning, because you'll often get stuck, but getting stuck is simply because you want to control the situation.

The only reason it gets stuck is because you want to control its operation—it's that simple.

Wind 2020-10-18 11:14:23

Release the feeling of being stuck from your desire to control it; the feeling of being stuck immediately transforms into smoothness. Step six, which is also the step we most easily overlook.

Each release makes you feel more free, which can be described as easy and enjoyable, but ultimately it's the motivation from these experiences of freedom that strengthens your initial desire for freedom.

As Lester said, "If you do the first step thoroughly, you will naturally follow the next five steps."

Wind 2020-10-18 11:18:53

If you thoroughly complete the first step, you will have no obstacles left.

Control is a good thing; wanting to control is not. Wanting equals lack.

Wanting to control is a feeling of lack regarding control.

OK , six steps are six steps.

Keeping it close at hand
will greatly accelerate your
release. I'm going to
release now.
All you need to do is use the release process.
If you're not releasing, use the six
steps to remind yourself that if you
are, then continue releasing.

October 20, 2020: What we call dreams are more real
than the material world.

Wind 2020-10-20 22:10:29

Then I reset the
Agamas and I reset
the Bible.
Reset the Vedic scriptures
All karma of the material world has been cleared.
Clearing away karma from the
material world is actually me
seeing that what we call dreams
is more real than the material
world; I see that the seeds I
have about it have disappeared.
Accompanying this is the disappearance of sexual desire.

There is no difference between men and women.

However, I also know that I have retained the karma of my astral body and the karma of my causal body.

On October 20, 2020, before the long-term closure of the area, group members were specifically guided to release 1 [unit of currency].

wind 2020-10-18 12:16:23

I might go into seclusion for a long time.

So let me summarize my understanding of the six-step process so far.

Bethlehem Star 2020-10-18 12:24:08

@Wind , keep going! Let's succeed together! [hugs][hugs]

wind 2020-10-18 12:25:52

come on [Embrace]

wind 2020-10-20 10:06:00

Don't say those limited words.

During my release process, I sensed that many people in the group were straying from the path of release.

So during my seclusion, I've decided to set aside half an hour each day to check my phone for messages. If anyone needs my help, they can tag me during this time.

You can choose a time slot.

Nothing 2020-10-20 10:11:29

@Wind? Is it

okay now? Wind 2020-10-20

10:11:42

Can

Then from 10:00 to 10:30

Huixuan 2020-10-20 10:12:15

@Wind, do you want a

red envelope? Add me on WeChat. (

Wind 2020-10-20 10:12:25)

No need to send red envelopes

Money means nothing to me now.

If someone has difficulty releasing their information, I guide them through the process.

However, the theoretical

solutions don't actually offer

much benefit due to limited

thinking.
Do you want
to give it a
try? Who
wants to try?

install 2020-10-20 10:16:55

@Wind? I'm here. I'm stuck on control. The
more I try to let go, the more I try to control the wind.
2020-10-20 10:17:18

Okay, one at a time.

你现在的感受是什么?
清晰吗?

安 2020-10-20 10:18:00

紧张, 清晰@风

wind 2020-10-20 10:18:22

Do you want control or
approval right now? (An, 2020-10-20
10:18:31)

control

wind 2020-10-20 10:18:42

Hmm, did you
notice it? (An, 2020-10-20
10:18:49)

able

wind 2020-10-20 10:19:10

Was it released?
(An, 2020-10-20 10:19:40)

Thinking about
it made me feel a little
relieved. (2020-10-20
10:20:00)

You still want it to leave
immediately, right? (An, 2020-10-20
10:20:09)

right

wind 2020-10-20 10:20:27

All your current efforts are aimed at making
this process happen immediately. (2020-10-20 10:20:41)

yes

wind 2020-10-20 10:20:41

You want it to leave;
you're trying to control it.
(2020-10-20 10:20:49)

yes

wind 2020-10-20 10:20:53

Can you notice this desire
to control? Just be aware of
this feeling of wanting to
control.

install 2020-10-20 10:21:10

able

wind 2020-10-20 10:21:25

Okay, should we allow ourselves
to simply be aware of this
desire to control it as it
leaves?

install 2020-10-20 10:21:49

the wind generated in the
brain. (2020-10-20 10:22:06)

Do you want it to happen
somewhere else? (An, 2020-10-20 10:22:25)

Yes

wind 2020-10-20 10:22:42

Can you sense this
desire? (An, 2020-10-20 10:22:47)

In other parts
of the body

wind 2020-10-20 10:22:58

Has it

left? (An, 2020-10-20
10:23:16)

Left

wind 2020-10-20 10:23:35

Have you become more relaxed? Has your
desire to control lessened? (An, 2020-10-20 10:23:56)
nature comes back.

(2020-10-20 10:24:15)

wind left.

2020-10-20 10:24:31

Do you want to change
this situation? (An, 2020-10-20
10:24:39)

think

wind 2020-10-20 10:25:09

Can you sense this desire
for change? (An, 2020-10-20 10:25:47)

Unsure if I correctly
perceived the wind. (2020-10-20
10:26:00)

Do you want
it to be correct? (An,
2020-10-20 10:26:16)

think

wind 2020-10-20 10:26:22

Do you want this?
(An, 2020-10-20 10:26:35)

See

wind 2020-10-20 10:26:41

Has it
left? (An, 2020-10-20
10:27:23)

I turned back halfway
there . (2020-10-20 10:27:43)

It's okay. Would you like to make this
process run more smoothly? (An, 2020-10-20 10:27:57)

Yes

wind 2020-10-20 10:28:14

You've already sensed this desire for control.

Can you just look at this and try to control it? Ignore

everything else, just focus on this desire to control . (2020-10-20
10:28:56)

able

wind 2020-10-20 10:29:04

Has it

left? (An, 2020-10-20

10:29:59)

It rose up, but it's still stuck in my stomach.

wind 2020-10-20 10:30:31

No

You have not abandoned your previous concept of liberation.
To gain control and acceptance, you
don't need to pay attention to where it
is; you don't need to work your "abs."

install 2020-10-20 10:32:11

[Facepalm] I just

went to check the wind .

2020-10-20 10:32:26

Need not

Remove unnecessary steps

Often it's not that we're doing
too little, but that we're doing
too much. When I'm guiding you,
it's best to discard all
preconceived notions and just
answer based on the specific
sentence I'm guiding you on.

When I say "becoming aware of the urge to
control," I'm simply becoming aware of the feeling of
security. (2020-10-20 10:33:59)

Answer

based on intuition ?

2020-10-20 10:34:13

Yeah, if you feel it's there, then it is.

If you can't feel it,
then it's unclear.

Just answer me, "It's
unclear."

Is this
simple?

@An?

Continue

@install?

专注到你刚才的问题上，你想要控制还是认同？

安 2020-10-20 10:36:20

控制

风 2020-10-20 10:36:35

能够觉察到吗？

在这一刻

安 2020-10-20 10:36:50

能

风 2020-10-20 10:37:02

只是觉察到它

它离开了吗？

安 2020-10-20 10:37:27

没有

风 2020-10-20 10:37:45

嗯，你想要改变它吗？改变你现在的感受

安 2020-10-20 10:37:58

想改

风 2020-10-20 10:38:08

这个想要你觉察到了吗？

安 2020-10-20 10:38:40

I noticed

wind 2020-10-20 10:38:48

Allow this desire to be
more noticed to you. Just
relax and allow yourself to
notice it. Has it been let
go?

install 2020-10-20 10:39:30

Unable to relax

wind 2020-10-20 10:40:02

Do you want to
control this process? (An,
2020-10-20 10:40:13)

No, I was just
being too
controlling .

wind 2020-10-20 10:40:38

Allow this desire for control to be noticed by you
Are you currently putting effort into the
act of "awareness"? (An, 2020-10-20 10:41:02)

I
reali
zed
it
was
true.

wind 2020-10-20 10:41:30

Seeing your
efforts, it
seems you
want to
control...

install 2020-10-20 10:41:41

yes

wind 2020-10-20 10:41:47

Seeing your efforts, has
it left? (An, 2020-10-20 10:42:03)

Left

wind 2020-10-20 10:42:18

Do you still want to control it?
Do you still want to
control that situation? (An,

2020-10-20 10:42:38)

I don't
really
want to
anymore
, I'm
relaxed

.
I don't want to think about it anymore.

wind 2020-10-20 10:42:58

So how are you feeling
right now? (An, 2020-10-20 10:43:33)

I felt relaxed, but didn't feel anything.

My body feels lighter,
and I don't have any other noticeable

但还是没有感到非常愉悦，对吗？
sensations . (2020-10-20 10:44:15)

install 2020-10-20 10:44:28

Yes

风 2020-10-20 10:44:28

这是个不明显的感受

对这个不明显的感受，看一看它

你希望改变它，变得更愉悦吗？

安 2020-10-20 10:45:34

没想过，你说了才想[捂脸]

风 2020-10-20 10:45:45

因为我帮你把它拉出来了

潜意识的东西

你能只是觉察到这个想要改变吗？

Ice Purple 2020-10-20 10:46:27

Is this what happens

when it gets stuck? @风?风2020-10-20

10:46:34

Um

ins 2020-10-20 10:46:58

tal

l

Yes, I noticed.

win 2020-10-20 10:47:15

d

It's just easy to notice it.

Has it left?

Use step six of the six steps to verify Up , has it gone up?
and feel if there has been a move.

ins 2020-10-20 10:48:05

tal

l

I don't know if they've left or not, but
I already feel like laughing.

win 2020-10-20 10:48:25

d

Okay, that's alright. See how you feel
now.

Do you want to change it?

ins 2020-10-20 10:48:54

tal

l

think

win 2020-10-20 10:49:08

d

Have you noticed this and want to change
it?

ins 2020-10-20 10:49:41

tal
l
Able to perceive
win 2020-10-20 10:49:51
d
Hmm, has it left?
ins 2020-10-20 10:50:22
tal
l
uncertain
win 2020-10-20 10:50:39
d
Do you want to be certain?
ins 2020-10-20 10:50:52
tal
l
Yes
win 2020-10-20 10:50:57
d
Is this an attempt to control?
Has it left?

install 2020-10-20 10:51:19

Yes, I can
sense that
control has
left.

wind 2020-10-20 10:51:40

Has your mood improved?

(An, 2020-10-20 10:52:27)

Yes, but

not very clear .

(2020-10-20 10:52:34)

Do you want
clarity? (An, 2020-10-20
10:52:42)

think

wind 2020-10-20 10:52:45

Noticing this
desire to control An 2020-10-20
10:52:59

yes

wind 2020-10-20 10:53:02

Look, it's gone,
isn't it? (An, 2020-10-20
10:53:16)

Left

wind 2020-10-20 10:53:28

Did you
experience any pleasure?
(An, 2020-10-20 10:53:38)

have

wind 2020-10-20 10:53:49

Do you want more of
this pleasure? (An, 2020-10-20
10:53:59)

think

wind 2020-10-20 10:54:04

Noticing this
desire to control An 2020-10-20
10:54:17

yes

wind 2020-10-20 10:54:17

Can you

tell? Has

it left?

install 2020-10-20 10:54:28

able

Left

wind 2020-10-20 10:54:37

Has it made you

feel more cheerful? (An,

2020-10-20 10:54:56)

Hmm,

there's more wind now.

(2020-10-20 10:55:08)

Continue this process

install 2020-10-20 10:55:31

Okay. Thank you, Feng@ Feng

wind 2020-10-20 10:57:08

Okay, who's next?

Does anyone else

need guidance?

Xiuyuan 2020-10-20 10:57:20

Me

风 2020-10-20 10:58:07

@修远?你现在的感受是什么?

修远 2020-10-20 10:58:28

@风?平静, 谢谢

风 2020-10-20 10:58:54

嗯, 你感到非常非常愉悦, 还是, 是一种带有不满足的平静?

修远 2020-10-20 10:59:43

@风?应该带有一点点说不清楚

风 2020-10-20 10:59:59

嗯, 你想要让感受变得更好吗?

修远 2020-10-20 11:00:50

@风?感觉还好, 有些在体验着遇到的事情带来的这种感觉

wind 2020-10-20 11:01:30

When I ask, "What do you want to do?", I mean
what you want to do right now without having to
think or review.

It's very simple, just look at what you want right now.

修远 2020-10-20 11:01:45

平静

心安

风 2020-10-20 11:02:24

平静和心安是你此刻的感受

修远 2020-10-20 11:02:32

是的

风 2020-10-20 11:02:35

你还有想要的事物吗?

修远 2020-10-20 11:02:42

有

负债的情况

有些想要还清

风 2020-10-20 11:03:15

嗯, 能够觉察到这个想要的东西是想要控制还是想要认同吗?

修远 2020-10-20 11:03:27

认同

风 2020-10-20 11:03:51

只是觉察到这个想要认同

修远 2020-10-20 11:04:03

嗯

风 2020-10-20 11:04:19

它离开了吗？

修远 2020-10-20 11:04:36

离开些

风 2020-10-20 11:04:49

还有更多吗？

修远 2020-10-20 11:05:05

还有一些其他感觉

风 2020-10-20 11:05:23

能够觉察到吗？

修远 2020-10-20 11:05:30

能

风 2020-10-20 11:05:42

它离开了吗？

修远 2020-10-20 11:05:52

离开了

风 2020-10-20 11:06:08

有变得愉悦一些吗？

修远 2020-10-20 11:06:20

有，笑了

wind 2020-10-20 11:06:46

Thinking back to your question, do you still have any desire for control or validation? Hmm, continue this process.

After guiding two more, I'll continue to release the idea that only freedom can better help others.

Miracle 2020-10-20 11:09:43

The current situation is very discouraging, so I'll go first.

I've been stuck for the past two or three days.

风 2020-10-20 11:10:34

@奇迹 现在的感受是什么？

奇迹 2020-10-20 11:11:22

堵堵的

对自己很排斥

wind 2020-10-20 11:13:26

Can you sense this desire
to control? (Miracle 2020-10-20
11:13:41)

Yes

wind 2020-10-20 11:13:50

Has it left?
A miracle. 2020-10-20
11:13:57

not yet

wind 2020-10-20 11:14:39

When you feel what you are feeling right now, are you
trying hard to solve the current situation? Are you
aware that you are putting in effort?
Miracle 2020-10-20 11:14:51

Yes, that's
how it
works.

wind 2020-10-20 11:15:10

Hmm, this is something that
wanted to be controlled, but it left? Miracle
2020-10-20 11:15:23
winds have
left 2020-10-20
11:15:44

Or less,
but
still...

Are you still
putting in the effort?
Miracle 2020-10-20 11:15:53

Yes

wind 2020-10-20 11:16:07

If you want to control something,
can you let it go? (Miracle 2020-10-20
11:16:37)

Unable to completely
let go, somewhat resistant to the
wind. (2020-10-20 11:17:04)

Hmm, are you still trying to overcome this
feeling of resistance? Are you trying right
now?

Miracle 2020-10-20 11:17:33

Yes, I found that I've
been using force. (2020-10-20
11:17:49)

This is
someone trying to control
miracles . (2020-10-20
11:17:49)

But I feel I can't
control it leaving the wind.
(2020-10-20 11:17:53)

Can you feel it?
Are you aware
that you are
exerting force?

Miracle 2020-10-20 11:18:14

I sensed
the wind on 2020-10-20
11:18:39

让自己觉察更多一些

Miracle 2020-10-20 11:19:03

I feel that resistance is rooted in fear, and I realize I can't face my fear, so this resistance is just the last tiny bit...

I can't let go

wind 2020-10-20 11:19:30

Don't analyze

Miracle 2020-10-20 11:19:36

good

wind 2020-10-20 11:19:42

Are you aware that you want to control this situation? (Miracle 2020-10-20 11:19:50)

able

wind 2020-10-20 11:20:15

Has it left?

A miracle. 2020-10-20

11:20:33

without

Miracle 2020-10-20 11:20:42

Left

wind 2020-10-20 11:20:44

Are you trying to get rid of it? Miracle 2020-10-20 11:20:44

The wind that just happened on 2020-10-20 11:20:49

Um

Do you have more to control? Miracle 2020-10-20 11:21:12

There are some, but not many. I'm relaxed this time.

wind 2020-10-20 11:21:24

Yes, invite it to surface so we can let them leave.

The miracle of continuing this

process 2020-10-20

11:21:47

Yes, it's
here. A bit congested .

(2020-10-20 11:22:04)

Do you want to
control these
blockages? Are you
trying to do so
forcefully?

Miracle 2020-10-20 11:22:22

Yes, I'll
subconsciously try to control the
wind. (2020-10-20 11:22:56)

It doesn't matter
Just follow the steps I just guided you through.

Miracle 2020-10-20 11:23:41

Okay, thank you Feng

wind 2020-10-20 11:23:17

Who is next in need
of guidance? (Qian, 2020-10-20
11:23:45)

I

wind 2020-10-20 11:25:12

So, how are you feeling
right now? (Qian, 2020-10-20 11:25:26)

No clear feelings, just a
calm feeling. (Wind , 2020-10-20
11:25:45)

Do you want to
be more enjoyable? (Qian,
2020-10-20 11:26:07)

A little, but I always
seem to fall short of step six. (Wind,
2020-10-20 11:26:44)

Hmm, can you sense this
desire? (Akane , 2020-10-20 11:27:10)
able

wind 2020-10-20 11:27:23

Hmm, did you notice it?
Has it left? (Qian, 2020-10-20
11:28:23)

I felt anger.
(Wind, 2020-10-20 11:28:45)

Do you want control or
approval? (Qian, 2020-10-20 11:29:05)

Both are true, but
I agree more with Feng
(2020-10-20 11:29:25)

Can you sense that you
want to be recognized? (Qian,
2020-10-20 11:29:46)

Um.

wind 2020-10-20 11:29:58

Has it left?
(Qian, 2020-10-20
11:31:17)

Some have
left. (Wind, 2020-10-20
11:31:39)

Hmm, is there anyone else who wants to be recognized?
Are you "trying to dig
deeper"? (Qian, 2020-10-20 11:32:29)

Yeah, a
little. Wind 2020-10-20
11:33:24

Don't do
this, Qian (2020-10-20)
11:33:29

觉得害怕。

风 2020-10-20 11:33:35

觉察你此刻能觉察到的就行

茜 2020-10-20 11:33:41

想看又不想看。

wind 2020-10-20 11:33:45

Any effort is an
attempt to control; if
you try to control,
you'll get stuck. It's
a very simple
principle.

茜 2020-10-20 11:34:25

现在的感觉是恐惧想要生存。

风 2020-10-20 11:34:42

你能觉察到吗？

茜 2020-10-20 11:34:53

能，就不太想继续。

控制的继续也是控制吗？

风 2020-10-20 11:35:39

你不想看到它

风 2020-10-20 11:35:45

你抗拒它

茜 2020-10-20 11:35:56

嗯。

风 2020-10-20 11:36:07

能注意到这个想要控制吗？

茜 2020-10-20 11:36:16

能

风 2020-10-20 11:36:27

它离开了吗？

茜 2020-10-20 11:36:50

嗯

风 2020-10-20 11:37:06

你有感到更愉悦吗？

Akane 2020-10-20 11:37:23

...

I feel like I want to respond to you,
but I can't find the words to say yes. (Wind,

2020-10-20 11:38:48)

Just answer based
on your actual
feelings. Do you
want to become more
happy?

茜 2020-10-20 11:39:29

是的。

风 2020-10-20 11:39:49

能够只是注意到这个想要吗？这是想要控制

Akane 2020-10-20 11:40:29

I'm somewhat resistant to the way my mother
behaves in front of me; it's all my subconscious.
I need to draw a clear line. I really want to.

wind 2020-10-20 11:42:31

@The Internet of
Everything? Are you still there?

Qian 2020-10-20 11:43:25

It can't continue. They
changed personnel, right? (Wind,
2020-10-20 11:43:45)

@茜? Do you
still need it?
If so, you can
continue.
In addition, the guide is just to let people experience the process.
If you understand how to do it,
then you can do it yourself . (Qian ,
2020-10-20 11:43:58)

Money issues.

风 2020-10-20 11:45:12

@茜?想到金钱问题的时候，你是什么感受？

茜 2020-10-20 11:45:36

想要生存

风 2020-10-20 11:45:54

你能放想要生存离开吗？还是它卡住了？

茜 2020-10-20 11:46:16

嗯，好像还是卡了

风 2020-10-20 11:46:32

你想要改变这个卡住吗？

茜 2020-10-20 11:46:45

是

风 2020-10-20 11:47:21

想要改变离开了吗？

Akane 2020-10-20 11:48:01

A small voice said, "Why should I change? Isn't it a

given that I should want to survive?" (Wind , 2020-10-20 11:48:17)

Hmm, don't worry about it.

你能够觉察到自己想要改变吗?

茜 2020-10-20 11:48:45

嗯!

风 2020-10-20 11:48:51

觉察到更多
它离开了吗？

茜 2020-10-20 11:50:39

正在离开。

wind 2020-10-20 11:51:02

Release does not need to be like this

Release doesn't

require your effort. (Qian,

2020-10-20 11:51:15)

Yes, I really can't feel

relaxed or happy. (Wind, 2020-10-20

11:51:48)

When I ask you each question, are you trying
to put it into practice? Are you trying to be
aware of it?

Is that

so? Akane 2020-10-20

11:52:30

Because it's a
long-standing problem, it
feels very difficult. A
chronic, deep-seated
ailment .

wind 2020-10-20 11:53:36

I've indeed finished my session today.

Can I continue the guidance tomorrow? (Qian,

2020-10-20 11:53:52)

Okay, thank

you for your hard work.

(Wind , 2020-10-20

11:54:05)

If I don't continue to
release, the world will pull
me back. Only after I'm free
can I better help people.

Wisdom's guidance 2020-10-20 12:18:38

@风? When I used the "Release Method" instructions, I said, "First,
I am still you." This is because I saw the original release method was copied
directly from the video subtitles, which was Haier's instruction for others.

wind 2020-10-20 12:19:06

You can remove the pronouns.

could The context of "you"
is whether or not you can
perceive it.
Can we just
let it go?

Wisdom's guidance 2020-10-20 12:20:00

So what's the process
for releasing desire?
The steps I outlined
above are...

On October 21, 2020, before the long-term closure of the
area, group members were specifically guided to release 2 [
units of something].

The era of the Internet of Everything 2020-10-21 10:01:07

Has Teacher Feng arrived?
10 o'clock.

Wind 2020-10-21 10:02:48

Come

Can you feel what you're
experiencing right now? In this era of
interconnectedness... 2020-10-21
10:04:43

Peace
now,
Wind 2020-10-21 10:05:20

Do you have things you want to control
or things you want to be recognized for? In this era
of the Internet of Things... 2020-10-21 10:05:47

I want guidance
from a teacher to
help me release
stress more
quickly.

Wind 2020-10-21 10:06:07
Is this an attempt to
control or a desire for acceptance? In an
era of interconnectedness... 2020-10-21
10:06:18

Both are available.
Wind 2020-10-21 10:06:39
Which one is more likely to be noticed?
The era of the Internet of Everything 2020-10-21 10:06:48
control

Wind 2020-10-21 10:07:12
If you allow
yourself to
become aware of
it, can you let
it go?

The era of the Internet of Everything 2020-10-21 10:07:29
It's not very clear,
this wind control 2020-10-21 10:07:46

Do you want clarity?
The era of the Internet of Everything 2020-10-21 10:07:50
Can

The era of the Internet of Everything 2020-10-21 10:07:53
think

Wind 2020-10-21 10:08:05

Can you sense this
desire? In this era of
interconnectedness... 2020-10-21
10:08:14

Can,
Wind 2020-10-21 10:08:20

Has it left?
The era of the Internet of Everything 2020-10-21 10:08:33

No
Wind 2020-10-21 10:08:46

Do you want it to leave
quickly? In this era of
interconnectedness... 2020-10-21
10:09:00

A little
Wind 2020-10-21 10:09:12

Can you sense this desire
to control? In this era of interconnected
things... 2020-10-21 10:09:32

Unclear
Wind 2020-10-21 10:09:58

Are you trying hard to
see clearly the interconnectedness of
the world in this era? 2020-10-21
10:10:07

yes
Wind 2020-10-21 10:10:15

you realize this
and try to control
it and leave?
The era of the Internet of Everything 2020-10-21 10:10:43

Um
Unsure whether
to leave the wind 2020-10-21
10:11:25

Do you still want control or
recognition? In this era of the Internet of
Things... 2020-10-21 10:11:45
have

Wind 2020-10-21 10:11:57
Which one is more likely to be noticed?
The era of the Internet of Everything 2020-10-21 10:12:06
control

Wind 2020-10-21 10:12:25
Has it left?
The era of the Internet of Everything 2020-10-21 10:13:04
Leave a

little wind 2020-10-21
10:13:25
Are you trying to control
your feelings? Do you
want your release to be
faster?

The era of the Internet of Everything 2020-10-21 10:13:48
possible

Wind 2020-10-21 10:14:15
Ignore everything else, just focus
on whether you want to control it

and get it out of control.

The era of the Internet of Everything 2020-10-21 10:15:04

Not complete

Wind 2020-10-21 10:15:31

Can you allow the remaining
people who want to control the departure? The
era of the Internet of Everything. 2020-10-21
10:15:39

able

Wind 2020-10-21 10:16:25

Has it left?

Did you become more happy?

The era of the Internet of Everything 2020-10-21 10:16:43

One point

Wind 2020-10-21 10:17:38

Do you want to change how you feel now and
make it more pleasant? In this era of the Internet of
Things... 2020-10-21 10:17:52

think

Wind 2020-10-21 10:18:17

Can you sense this desire
for change? In this era of
interconnectedness... 2020-10-21 10:18:26

able

Wind 2020-10-21 10:18:35

Has it left?

The era of the Internet of Everything 2020-10-21 10:18:54

Left

Wind 2020-10-21 10:19:13

Has it become more
enjoyable? The era of the Internet
of Everything 2020-10-21 10:19:34

have

Wind 2020-10-21 10:20:13

Do you want more enjoyment, or do you want
to maintain your current feeling? In this era of
interconnectedness... 2020-10-21 10:20:26

More enjoyable

Wind 2020-10-21 10:20:59

Can you notice a desire to change how
you feel now? In this era of the Internet of
Things... 2020-10-21 10:21:24

Unclear

Wind 2020-10-21 10:21:52

Do you want clarity?

The era of the Internet of Everything 2020-10-21 10:22:18

want to

Wind 2020-10-21 10:22:45

Does this mean they
want to control what's left? In this
era of the Internet of Everything...

2020-10-21 10:23:05

Left

Wind 2020-10-21 10:23:32

Has your current feeling

become clearer? The era of the Internet of
Everything. 2020-10-21 10:23:44

have

Wind 2020-10-21 10:23:48

Is it seeking control or
seeking acceptance? In this era of the
Internet of Everything... 2020-10-21
10:24:05

control

Wind 2020-10-21 10:24:17

Hmm, did you notice it? Has it left?

The era of the Internet of Everything 2020-10-21 10:24:28

Um,

Wind 2020-10-21 10:25:05

Can you still sense the
remaining desire for control? The era of
the Internet of Everything. 2020-10-21
10:25:21

besides,

Wind 2020-10-21 10:25:39

Allow yourself to be aware

The era of the Internet of Everything 2020-10-21 10:25:45

Um,

Wind 2020-10-21 10:25:55

Has it left?

The era of the Internet of Everything 2020-10-21 10:26:08

Left

Wind 2020-10-21 10:26:23

Has your experience
become more pleasant? In this era of
interconnected things... 2020-10-21
10:26:34

Realizing I was afraid
of taking too long, I
felt happy.

Wind 2020-10-21 10:26:55

Consider your current feelings: do you want
control or validation? In this era of the Internet of
Things... 2020-10-21 10:27:10

Agree

Wind 2020-10-21 10:27:32

Has it left?

The era of the Internet of Everything 2020-10-21 10:27:42
have no idea

Wind 2020-10-21 10:28:11

Do you want to figure this out?

The era of the Internet of Everything 2020-10-21 10:28:27

I didn't
expect
this to
be a
bit...

Wind 2020-10-21 10:28:50

It's okay, do you want to control this process
and make the feeling go away faster? In this era of the
Internet of Things... 2020-10-21 10:29:04

Um,

Wind 2020-10-21 10:29:17

Becoming aware of
this desire to control The era of
the Internet of Everything
2020-10-21 10:29:27

Um,

Wind 2020-10-21 10:29:31

Has it left?
The era of the Internet of Everything 2020-10-21 10:29:40

离开了

Wind 2020-10-21 10:29:51

Okay, let's continue with this process.

The era of the Internet of Everything 2020-10-21 10:29:59

Thank you,
teacher. I'm
letting
loose.

Sophie 2020-10-21 10:31:51

@Teacher Feng, I just followed along and realized I'm very
afraid of losing control if I let go of it. I'm worried
about...

Wind 2020-10-21 10:32:09

Can you feel
it? Sophie 2020-10-21
10:32:14

able

Wind 2020-10-21 10:32:27

Do you want control
or acceptance? Sophie 2020-10-21
10:32:43

Want to
agree wind 2020-10-21
10:32:59

Do you allow
yourself to be
aware that it
has left?

Sophie 2020-10-21 10:33:17

the wind has
left 2020-10-21 10:33:31

Can you still sense the
desire for approval? Sophie
2020-10-21 10:34:19

cannot
A bit
wooden and airy

2020-10-21 10:34:50

Do you want to change how

you feel right now? Sophie 2020-10-21

10:35:00

want to

Wind 2020-10-21 10:35:19

Can you sense this desire? It's just
that this desire is something Sophie... 2020-10-21

10:35:38

can

Wind 2020-10-21 10:35:56

Hmm, did you

notice it

leaving?

Sophie 2020-10-21 10:36:23

Left

Wind 2020-10-21 10:36:38

Has your feeling become
clearer? Sophie 2020-10-21 10:37:29

No, I feel a bit dizzy, like something is
blocking my chest and throat, and my heart is racing.
2020-10-21 10:37:50

Do you want to
become clearer? Sophie
2020-10-21 10:38:24

I want to sink
into a
familiar
feeling

Wind 2020-10-21 10:38:51

Hmm, what do you want to do
about your feelings? Do you
want to control them?

Sophie 2020-10-21 10:39:26

Do nothing, just feel
it, and want to know
what's behind it.

Wind 2020-10-21 10:39:54

Want to know

Sophie 2020-10-21 10:39:59

Um

Wind 2020-10-21 10:40:01

Can you sense this urge to
figure it out? Sophie 2020-10-21 10:40:08
able

Wind 2020-10-21 10:40:25

Has it left?

Sophie 2020-10-21 10:40:38

Left

Wind 2020-10-21 10:41:01

Has your feeling become
clearer? Sophie 2020-10-21 10:41:33

Feeling a little drowsy
Along with

the right side of the body
wind 2020-10-21 10:41:47

Do you want to
change it? Sophie 2020-10-21

10:42:03

Unexpected, yet very familiar

Wind 2020-10-21 10:42:04

Don't focus on your
physical sensations, just
pay attention to what you
want.

Sophie 2020-10-21 10:42:12

Um

I want to become clearer.

Um

Wind 2020-10-21 10:42:37

Can you sense this desire to
become clearer? Sophie 2020-10-21 10:42:43

able

Wind 2020-10-21 10:42:52

Has it left?

(Sophie , 2020-10-21)

10:43:26

No

Wind 2020-10-21 10:43:59

Pay attention to whether you are
trying to be aware of Sophie. 2020-10-21
10:44:14

have

Wind 2020-10-21 10:44:14

Have you tried to control this
process? Sophie 2020-10-21 10:44:23

have

Wind 2020-10-21 10:44:36

Can you notice
this? Sophie 2020-10-21 10:44:45

able

Wind 2020-10-21 10:45:06

Did you realize
this and try to
control it and
leave?

Sophie 2020-10-21 10:45:29

Left

Wind 2020-10-21 10:45:53

Has your feeling become
clearer now? Sophie 2020-10-21 10:46:01

have

Wind 2020-10-21 10:46:11

Is it a desire for control
or a desire for acceptance? Sophie
2020-10-21 10:46:25

Want to

control wind 2020-10-21

10:46:42

Do you allow
yourself to be
aware that it
has left?

Sophie 2020-10-21 10:47:07

No
There's a fear
that it's leaving
me ; it seems to
be protecting me.

Wind 2020-10-21 10:47:30

Yes, you want to maintain it.

Can you notice this and
try to control it? Sophie 2020-10-21
10:47:45

Yes, I
want to be
able to

Wind 2020-10-21 10:48:15

Has it left?

(Sophie , 2020-10-21)

10:48:40

the wind has
left 2020-10-21 10:48:54

Can you detect the rest?

Sophie 2020-10-21 10:49:01

able

Wind 2020-10-21 10:49:29

Has it left?

(Sophie , 2020-10-21)

10:49:41

No

I realized I had a desire
for them to leave the wind. 2020-10-21
10:50:03

Um

Does this person
want to leave? Sophie 2020-10-21
10:50:16

Left

Wind 2020-10-21 10:50:42

Let's check step six. Did it become
more enjoyable? Sophie 2020-10-21 10:51:00

No

Feeling touched
halfway through the process of
wind 2020-10-21 10:52:11

Do you want to change how you feel right
now and make it more pleasant? Sophie 2020-10-21
10:52:23

want to

Wind 2020-10-21 10:52:59

Has it left?

Sophie 2020-10-21 10:53:06

Left

The wind

became clearer on

October 21, 2020.

10:53:24

Has it become more
enjoyable? Sophie 2020-10-21

10:53:31

have

Wind 2020-10-21 10:53:51

Do you want to become better, or do you want to maintain this feeling of
pleasure?

苏菲	2020-10-21 10:54:04	想变得更好
风	2020-10-21 10:54:22	能放它离开吗?
苏菲	2020-10-21 10:54:29	能
风	2020-10-21 10:55:00	它离开了吗?
苏菲	2020-10-21 10:55:09	离开了
风	2020-10-21 10:55:32	有变得更加愉悦吗?
苏菲	2020-10-21 10:55:40	有

Wind 2020-10-21 10:55:48
 Okay, repeat this
 process to
 continue moving
 online. up

Sophie 2020-10-21 10:56:20
 Okay, thank you, Teacher Feng. I feel much more relaxed now.

Huizhi Lanxin 2020-10-21 10:56:57
 I have a resistance to some jobs, and I often
 get stuck when I try to release my emotions. 2020-10-21
 10:59:22
 Um

		你能感受到这个抗拒吗?
惠质兰心	2020-10-21 10:59:44	能
风	2020-10-21 11:00:05	想要控制还是想要认同?
惠质兰心	2020-10-21 11:00:35	两个都有 风
	2020-10-21 11:00:52	哪个更能觉察到?
惠质兰心	2020-10-21 11:01:18	控制
风	2020-10-21 11:01:45	能放它离开吗? 惠
质兰心	2020-10-21 11:01:59	能
风	2020-10-21 11:02:11	嗯。它离开了吗?

惠质兰心 2020-10-21 11:02:33
离开的一部分，又有一波冒出来风
2020-10-21 11:03:38
嗯，你想要控制它们吗？
惠质兰心 2020-10-21 11:04:34
刚才没有提示下有想要
风 2020-10-21 11:05:24
它离开了吗？
惠质兰心 2020-10-21 11:06:02
现在持续离开
喉咙处胀胀的，是卡住吗？还是正常的

Huizhi Lanxin 2020-10-21 11:15:19

@Teacher Feng

Bingzi 2020-10-21 11:16:18

Teacher Feng is
giving a lecture in the study
group . 2020-10-21 11:19:08

@惠质兰心? Excuse me,
please wait a moment
while I finish explaining
that important question
and then I'll come back
to guide you.

Huizhi Lanxin 2020-10-21 11:19:43

?? OK

Wind 2020-10-21 11:22:46

A feeling of fullness in the
throat, a physical sensation of gentleness
and kindness. 2020-10-21 11:23:48

Yes, I can feel the wind
intermittently in my throat. 2020-10-21
11:23:53

Note that the "stuck" mentioned in the release method
refers to your release being stuck, meaning your feeling
is stuck.

Your emotions and feelings are
stuck there, unable to flow freely. 2020-10-21
11:25:08

I understand, this isn't
due to emotional
blockage, it's due to

physical sensation.

Wind 2020-10-21 11:25:34

When your throat feels tight, you should notice
that you want to change it when you release that
feeling.

You can feel its
smooth and gentle nature.

2020-10-21 11:26:18

Yes, I'm now aware that I have control.

I noticed the change; the
air was flowing smoothly. 2020-10-21

11:29:18

Sorry, that's all for today's guidance.
I have to go now. I can continue to
guide you tomorrow.

Or you can try the process
yourself, and work on creating
an infinite entity that
doesn't need anyone else's
help.

October 21, 2020 (New) Guided Release of Fear

Wind 2020-10-21 17:10:05

You can focus on one thing you
want to improve. (Dawn, 2020-10-21 17:10:30)

I want to

release the winds of fear

2020-10-21 17:10:32

Can you sense how you are feeling right now?

Dawn 2020-10-21 17:10:44

able

Wind 2020-10-21 17:11:04

Is it seeking control or
validation? (Dawn, 2020-10-21 17:11:17)

control

Wind 2020-10-21 17:11:34

Can I become more aware
of it? (Dawn, 2020-10-21 17:11:50)

I dare not

Various physical sensations
emerged, and my jaw clenched . (2020-10-21
17:13:02)

What are you trying
to resist? (Dawn, 2020-10-21
17:13:26)

Sadness,
anger Ai Mi 2020-10-21
17:13:36

I feel
threatened by the wind.
(2020-10-21 17:13:44)

Can you notice you're
trying to resist? (Dawn, 2020-10-21
17:13:56)

Yes
Wind 2020-10-21 17:14:43

Is this resistance a desire for

control or a desire for acceptance? (Dawn,
2020-10-21 17:15:02)

All

Wind 2020-10-21 17:15:24

Which is more
easily perceived at dawn?

(2020-10-21 17:15:39)

control

Wind 2020-10-21 17:16:07

Can we let it
go? (Dawn, 2020-10-21

17:16:26)

cannot

Fear, loss of control

Dawn 2020-10-21 17:17:32

I threw up

Wind 2020-10-21 17:17:35

Hmm, can you just perceive this
desire to control? (Wind, 2020-10-21 17:18:00)

Are you trying hard, making an effort, to
do something about your feelings? (Dawn, 2020-10-21
17:18:36)

Yes

Wind 2020-10-21 17:18:53

Can you sense this desire
to control? (Dawn, 2020-10-21 17:19:05)
able

Wind 2020-10-21 17:19:09

Just allowing myself to see
what I want to control at dawn. (2020-10-21
17:19:26)

Um

Wind 2020-10-21 17:19:35

Has it left?
(Dawn, 2020-10-21
17:19:49)

30% left

Wind 2020-10-21 17:20:12

Can you allow yourself to
perceive the remaining desire for control?
(Dawn, 2020-10-21 17:20:40)

able

Wind 2020-10-21 17:20:58

Has it left?

Do you want your
feelings to become clearer? (Dawn,
2020-10-21 17:22:20)

think

Wind 2020-10-21 17:22:39

Did you realize
that the desire to
control was just a
desire, and then
it left?

Dawn 2020-10-21 17:23:06

Did you
feel it
or not?

Wind 2020-10-21 17:23:45

Hmm, has it left?

Okay, do you want it to
leave quickly? (Dawn, 2020-10-21
17:24:10)

Feeling lost, I
realized I
wanted him to
leave as soon as
possible.

Wind 2020-10-21 17:24:26

Can you simply be aware of this
desire to understand? Allow
yourself to become more aware of
this desire.

Dawn 2020-10-21 17:25:11

I felt
the wind on October
21, 2020 17:25:17

Has it left?

(Dawn, 2020-10-21
17:25:43)

Left

Wind 2020-10-21 17:26:01

Has your feeling become
clearer? (Dawn, 2020-10-21 17:26:18)
has

cleared somewhat.
(2020-10-21 17:26:31)

Is it seeking control or
validation? (Dawn, 2020-10-21 17:26:46)

Agree

Wind 2020-10-21 17:26:56

Do you allow
yourself to be
aware that it
has left?

Dawn 2020-10-21 17:27:21

without

Wind 2020-10-21 17:27:36

Do you want it to
leave quickly? (Dawn, 2020-10-21
17:27:54)

Thinking,
anxious wind

2020-10-21 17:28:03

Yes, this is an attempt to control.

Can you simply be aware of
this desire? (Dawn, 2020-10-21
17:28:14)

oh

Wind 2020-10-21 17:28:46

Has it left?

(Dawn, 2020-10-21

17:29:11)

No, I have
gout all over my body.

(2020-10-21 17:29:49)

Do you want to change
how you feel right now? (Dawn,
2020-10-21 17:30:06)

I feel I've taken up your time. I'm in a
real hurry and want to finish quickly . (2020-10-21
17:30:22)

Hmm, is this an attempt to
control or to gain approval?

Which is more obvious?

Dawn 2020-10-21 17:30:38

Agree

Afraid

you'll hate me

(2020-10-21 17:30:58)

I just realized that I
wanted to relax and
agree.

Wind 2020-10-21 17:31:18

Has it left?

(Dawn, 2020-10-21

17:31:43)

My body relaxed a bit, but
my scalp was still numb; I
wasn't sure if I was still
feeling it.

I think I'm a

troublesome student . (2020-10-21

17:32:29)

Ignore these thoughts that
arise in your mind and
focus on how you feel
right now.

Do you want control or

validation? (Dawn, 2020-10-21

17:32:55)

Wanting to control,
even wanting to escape .

(2020-10-21 17:33:25)

It's okay, allow
yourself to be aware of it. (Dawn,
2020-10-21 17:33:51)

~~Unable to face the~~
fact that I am like
this and can't do
anything right
Still

controlling the wind

2020-10-21 17:34:20

Do you want to change yourself?

Noticing this obvious
desire to change (Dawn, 2020-10-21
17:34:42)

oh

Wind 2020-10-21 17:35:31

Has it left?

(Dawn, 2020-10-21

17:35:36)

stupid

Wind 2020-10-21 17:36:26

When you release, those guidance
methods are actually quite simple . (2020-10-21
17:37:01)

For example, if I ask you, "Does it
want control or validation?" (Dawn, 2020-10-21
17:37:03)

@Teacher Feng, that's all for
today. Thank you. I have a
question: can I ignore mental
noise?

Wind 2020-10-21

17:37:43

You can ignore it.

On October 22, 2020, before the long-term closure of the area, group members were specifically guided to release 3 [units of something].

Wind 2020-10-22 10:08:45

Because my guidance started
with releasing desires and
skipped the experience of
releasing emotions.

Therefore, there may be some
issues for newcomers, and
some newcomers can experience
them.

Some people may mistake that habitual repression for a release.

In this situation, you can start by
experiencing what release feels like from
the first lesson on releasing emotions,
and then progress to releasing desires.

Strawberry, watermelon, cherry 2020-10-22 10:12:00

But desire itself
is so beautiful, I
can't bear to let
it go.

Wind 2020-10-22 10:13:12

Desire stems from
scarcity; how can it be beautiful? (
Strawberry, Watermelon, Cherry,
2020-10-22 10:13:39)

I don't know how to put it, but
desire itself is also beautiful.
To me, desire represents a
vibrant kind of beauty.

Wind 2020-10-22 10:15:37

Desire is the
cause of emotions .
(2020-10-22 10:15:54)

Teacher, if I'm feeling unwell and it's causing me anxiety, is
it enough to just let go of that anxiety? (2020-10-22 10:16:09)

Desire is when you say, "I am limited," creating a sense of scarcity,
and then believing that something can fill that void. (2020-10-22 10:16:29)

When your desires are released, you will

feel "I am infinite and whole." Try it, and
you'll see.

However, on October 22, 2020 10:16:49

Or is it about
releasing bodily sensations?

(Wind, 2020-10-22 10:16:52)

Yes, releasing
emotions and
experiencing bodily
sensations is a form
of expression.
Don't suppress it, just release the emotion.

Once emotions are released, the
discomfort in the body will dissipate. In this era
of the Internet of Things... 2020-10-22 10:17:42

With the teacher leading the
way, everyone's learning was very effective .
2020-10-22 10:18:44

You can try it.

However, do not rely on boots.

Guidance teaches you to let go, to
create miracles you can achieve on your own.
2020-10-22 10:19:32

I'm in so much pain right now and
desperately need money to pay off
my debts. I'm so anxious . Teacher
Feng, could you please guide me? ...
Please?

Wind 2020-10-22 10:19:37

Can you feel what you're
feeling right now? A miracle.

2020-10-22 10:19:45

Yes

Wind 2020-10-22 10:20:14

Is it a desire for control
or a desire for acceptance? A miracle.

2020-10-22 10:20:24

control

Wind 2020-10-22 10:20:57

Allow yourself to
perceive its miracle

2020-10-22 10:21:04

Yes

Wind 2020-10-22 10:21:27

Has it left?

Miracle 2020-10-22

10:21:39

No

Wind 2020-10-22 10:22:18

Are you
stuck? Miracle 2020-10-22
10:22:29

Yes, it was
blocked on October 22,
2020. 10:22:54

Do you want to change this
feeling of being stuck? A miracle.

2020-10-22 10:23:03

Yes

Miracle 2020-10-22 10:23:09

I want to
change wind 2020-10-22
10:23:20

I just noticed that
this desire to change the miracle

2020-10-22 10:23:32

I noticed
wind 2020-10-22 10:23:54

Hmm, has it left?

A miracle. 2020-10-22 10:24:04

breeze left

2020-10-22 10:24:42

Hmm, allow yourself to feel
whether the remaining feelings
are a desire to control or a
desire to acknowledge?

Miracle 2020-10-22 10:24:55

Um

Want to agree

Wind 2020-10-22 10:25:44

Allow yourself to become aware of the desire to identify

Miracle 2020-10-22 10:26:08

I will involuntarily
resist going back to the wind

2020-10-22 10:27:01

It doesn't matter
Are you trying to
control this? Miracle 2020-10-22
10:27:14

Yes

I strongly resist its appearance

Wind 2020-10-22 10:27:42

Yes, allow yourself to become
aware of this desire to control miracles.

2020-10-22 10:27:54

I noticed
wind 2020-10-22 10:28:32

Has it left?
Miracle 2020-10-22
10:28:48

No

Wind 2020-10-22 10:29:03

Are you
stuck? Miracle 2020-10-22
10:29:26

Hmm, I want
to change its style.
2020-10-22 10:29:52

Hmm, can you sense this desire
for change? A miracle. 2020-10-22 10:30:14

I noticed
wind 2020-10-22 10:30:25

Has it left?
Miracle 2020-10-22
10:30:34

Some wind
2020-10-22 10:30:51

Do you still feel any
sticking sensation? Miracle
2020-10-22 10:31:02

some

Wind 2020-10-22 10:31:08

Want to
change? Miracle 2020-10-22
10:31:42

Want to
control wind 2020-10-22
10:31:52

Allow yourself to
become aware of the desire to control
miracles. 2020-10-22 10:32:33

Hmm, I
sensed the wind.
2020-10-22 10:32:44

Have they left?

奇迹 2020-10-22 10:32:54

离开了一些

风 2020-10-22 10:33:19

嗯，继续这样做

奇迹 2020-10-22 10:33:27

好的

Miracle 2020-10-22 10:33:42

I want to ask, when a thought
arises, should I just ignore it?
I'm easily led astray.
consciousness

Wind 2020-10-22 10:34:29

Okay, ignore

the miracle. 2020-10-22
10:34:57

Is it enough to
just be aware of
your feelings? I
feel much more
relaxed now.

I was just resisting my pain, the agonizing
feeling of wanting money to pay off my debts . 2020-10-22
10:37:04

Yes, once you become aware of
your feelings, and then aware of
your desires , you can continue
to release them.

Qingxi 2020-10-22 10:37:14

Sometimes it's hard to tell if you want approval or control. You
subconsciously try to distinguish between them. At times like these , you don't
need to differentiate so clearly; can you just release what you want? @Wind

Wind 2020-10-22 10:38:24

Yes, when you find that you can release the urge to
control and distinguish things by putting in effort at
any stage, this is a desire to understand (wanting) to
figure out)

Qingxi 2020-10-22 10:38:56

@Wind ? Teacher, could you help me release some energy? I am
releasing energy, but it doesn't seem like the energy just disappears all at once
, and I don't feel empty.

风 2020-10-22 10:39:36

你现在能感受到你的感受吗？

清溪 2020-10-22 10:39:48

能

抗拒，厌恶，被迫不情愿

风 2020-10-22 10:40:31

感觉一会儿这个抗拒

只是直接地感受它

清溪 2020-10-22 10:40:44

好

风 2020-10-22 10:40:58

你能不能放它离开？

It's just a
matter of whether or not
Qingxi can be cleared.

2020-10-22 10:41:12

cannot
Wind 2020-10-22 10:41:24

Would you be
willing to let it go? Qingxi

2020-10-22 10:41:34

willing
Wind 2020-10-22 10:41:41

When? Qingxi
2020-10-22 10:42:00

have no idea
Feeling powerless to
leave, unable to leave the wind

2020-10-22 10:42:24

Okay, relax, and look at how you
feel right now. Can you only
feel this resistance?

Qingxi 2020-10-22 10:42:46

able
Wind 2020-10-22 10:43:05

Can you allow it to
leave? (Qingxi) 2020-10-22
10:43:13

able
Wind 2020-10-22 10:43:20

Are you willing?
Qingxi 2020-10-22 10:43:35

But it's
impossible to
make it leave the
willing.

Wind 2020-10-22 10:43:45
When? Qingxi

2020-10-22 10:44:07

Now
Wind 2020-10-22 10:44:17

Has it left?
(Qingxi , 2020-10-22)
10:44:25

without

No movement

Wind 2020-10-22 10:44:42

Are you

stuck? Qingxi 2020-10-22

10:44:48

Hmm,

stuc

k.

Wind 2020-10-22 10:44:53

Do you want to change

this stuck situation? Qingxi

2020-10-22 10:45:05

想要改变 风

2020-10-22 10:45:16

只是觉察到这个想要改变

轻柔地觉察到想要改变

清溪 2020-10-22 10:45:26

好像在抗拒无力改变

嗯，放松一点了

风 2020-10-22 10:46:12

想要改变离开了吗？

清溪 2020-10-22 10:46:19

想

风 2020-10-22 10:48:48

嗯，觉察到想要改变

清溪 2020-10-22 10:48:59

嗯

Qingxi 2020-10-22 10:49:46

Teacher, I realize that I want to change, but I also resist and feel powerless to change.

Yes, fear, a desire to change, yet an inability to do so, a lack of belief in one's ability to change. And so, nothing changes. But isn't this just overthinking?

Wind 2020-10-22 10:54:46

Have you ever
experienced the release of
emotions? (Qingxi) 2020-10-22
10:55:38

I haven't really experienced it fully. Sometimes it helps to release tension, but I never feel like I've truly experienced a complete release. (Wind) 2020-10-22 10:56:13

Okay, let's start by
letting go of our emotions,
Qingxi. 2020-10-22 10:56:23

oh

Wind 2020-10-22 10:56:28

Without the experience of releasing emotions as a foundation, releasing desires easily remains just a thought. Lester's course design is still scientific.

My guidance skipped over the emotional release process, which worked well for some people, but might cause some confusion for some newcomers.

Qingxi 2020-10-22 10:59:10

If one cannot fully experience emotions, one cannot clearly perceive

or release desires, is that correct? (Wind) 2020-10-22 11:01:43

Sometimes it
works wind 2020-10-22
11:01:52

I directly guide the
newcomers. The
experience of release
is very clear.

Yitian 2020-10-22 11:07:03

Feeling refers to an inner sensation, not a sensation felt by the heart.

Wind 2020-10-22 11:07:22

It's an inner feeling.

Once you get used to it, you won't need to specifically emphasize where to start perceiving it.

This was mentioned in the first lesson of 1992 .

Yitian 2020-10-22 11:08:46

What's the difference
between "feeling with
your chest and
abdomen" and "feeling
the sensations in
your chest and
abdomen" ?

Wind 2020-10-22 11:09:31

The entire course is presented in an experiential rather than intellectual way, so when you sit in this classroom or learn at home by watching the tapes, please try to feel as much as possible , rather than think . Focus here (the instructor places their hands on their chest and abdomen) when I ask you, "What are you feeling right now?" See if you can focus on feeling this part of your body. If you don't feel anything in this part, don't worry. The entire course is designed to help you more clearly connect with your emotions and learn how to let them flow freely.

open.

Wind 2020-10-22 11:09:47

Not focusing on the sensations in the chest and abdomen

Instead, focus on your chest and

abdomen to feel your emotions. (Yitian ,

2020-10-22 11:10:15)

I think the hardest thing to explain
is actually this little bit of wind. (2020-10-22
11:10:19)

Find your emotion in the
table and try to feel it
from your chest and
abdomen.

Liu (2020-10-22) 11:11:20

There's no need to
overthink these things, is there?

(Wind, 2020-10-22 11:11:28)

Yeah, there's no need to overthink it.
Because the release method is experiential.
These are questions that
cannot be understood by the
mind , but as long as you
follow along, you will
understand.

Yitian 2020-10-22 11:12:35

Without understanding this
point, going through any number of procedures
is useless . (2020-10-22 11:12:55)
That's not how it is.

Wind 2020-10-22 11:13:07

We tend to use our minds to figure something out before experiencing
it.
In reality, many things cannot be understood through
mere intellectual thought unless you experience them
firsthand. I can explain them very clearly in theory,
but that would be meaningless to you.
The reason we use the chest and abdomen to feel is because emotions
originate in the sensory center.

However, an important thing to remember is that this course is experiential. If someone gives you a book telling you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential activity. Just like when you ride a bicycle: you learn how to ride, then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just driving it.

The same thing happens when you use this technique. The more you do it, the more naturally you grasp the key points and the more natural the release becomes. You're just riding a bicycle and keeping going. So what's going to happen is that even if you have to think about it a bit and manipulate yourself a little at first, you'll find it gets easier and easier as you keep doing it.

Wind 2020-10-22 11:16:03

The metaphor of riding a bicycle is also what Lester Levenson (The Sedona Method) used in "The Way" to describe the wind. (2020-10-22 11:16:25)

The release method course guides you directly through the process, free from any preconceived theories, allowing you to experience release.

It's okay to make mistakes. After a few mistakes, you'll know what's right. But if you don't go through the process yourself and experience it, you'll never truly learn.

柳某人 2020-10-22 11:17:49

压抑的很厉害该如何释放?
释放压抑?

风 2020-10-22 11:18:05

你能够注意到现在的感受吗?

柳某人 2020-10-22 11:18:25

没啥感受风

2020-10-22 11:19:17

模糊不清的感受?

柳某人 2020-10-22 11:20:10

算是吧

风 2020-10-22 11:20:10

Wind 2020-10-22 11:21:41

Do you want to
become aware of it? (Liu
Mouren, 2020-10-22 11:21:54)
think

Wind 2020-10-22 11:22:06

Can you perceive this
desire? (Liu Mouren, 2020-10-22
11:22:27)
able

Wind 2020-10-22 11:22:39

Has it left?
(Posted by Liu Mouren on
2020-10-22 11:22:52)
After a

while (2020-10-22
11:23:07)

Has the vague feeling become
clearer? (Liu Mouren, 2020-10-22 11:23:31)
has
cleared somewhat.
(2020-10-22 11:23:45)

Hmm, is it trying to control or
to gain approval? (Liu Mouren, 2020-10-22
11:24:11)

control

Wind 2020-10-22 11:24:40

Can you detect
it? (Liu Mouren, 2020-10-22
11:25:04)

cannot

Wind 2020-10-22 11:25:15

Want to
notice? (Posted by Liu,
2020-10-22 11:25:25)

think

Wind 2020-10-22 11:25:50

Has it left?
(Posted by Liu Mouren on
2020-10-22 11:26:08)

Gone

Wind 2020-10-22 11:27:20

Has the feeling
become clearer? (Liu Mouren,
2020-10-22 11:27:40)

Um

Wind 2020-10-22 11:28:19

So, it's very simple: when you're feeling extremely repressed,
just feel this vague feeling and release your desire to change it.

When the desire for change is released, you can feel your
current feelings more clearly. (Liu Moumou, 2020-10-22 11:28:49)

And then you do it repeatedly, right?

Wind 2020-10-22 11:28:55

Yes, this really doesn't
require effort to understand. (
2020-10-22 11:29:05)

Thanks

Wind 2020-10-22 11:29:09

If it's unclear, then feel
the unclearness and notice
that you want to change it.
Release the unclearness,
and it will automatically
become clear.

Liu (2020-10-22) 11:29:47

Looks like

I need to practice more
. (2020-10-22 11:30:07)

Don't try to use extra techniques outside the process
to handle problems encountered within it; letting the
process itself handle everything.

Liu (2020-10-22) 11:30:36

Um

Wind 2020-10-22 11:30:49

Feelings such as "not being able to feel emotions," "being
unclear," "being stuck," and "being confused" can all be resolved
after undergoing a release process.
No prior practice is
required; the
practice process
itself is sufficient.

Liu (2020-10-22) 11:32:22

Are there fixed questions
for when you can't sense
emotions? Are there
procedural questions?

Wind 2020-10-22 11:32:49

have

Feel this vague feeling

Then ask yourself, "Do I want to
change this feeling?" (Liu Mouren, 2020-10-22
11:34:21)

Want to

change? (Wind, 2020-10-22

11:34:32)

Um

Liu (2020-10-22) 11:34:56

Understood, thank you.

Sui Le 2020-10-22 11:37:53

@Wind ? I also have some misconceptions
about how to release it, but I don't know where
the wind is. 2020-10-22 11:38:16

Many people want to use additional
techniques to address issues related
to the release method, such as
practicing awareness.

For example, go to a special practice session to find the feeling.
I'm making it clear: no,
none of this is needed,
no practice is required.
This is making a simple thing extremely complicated.

Qingxi 2020-10-22 11:43:03

You don't need to search for feelings, do you? I was just trying to find those feelings, but when I became aware of my thoughts and ideas, I didn't actually feel them, which complicated things and made the release difficult! There's a question here.

Wind 2020-10-22 11:43:33

No need to look

Qingxi 2020-10-22 11:43:57

@Wind ? I have another question: if there are no feelings, does that mean there's no need to release them? And how do you release them?

Wind 2020-10-22 11:44:13

When there is no feeling, it is a
"vague feeling" —your feeling is
unclear.

You feel blank

Releasing the desire to
change this feeling will
make it clearer.

Then you can release it.

轻舞的风 2020-10-22 11:45:42

@风?那情绪总得找吧? 总得觉察吧风

2020-10-22 11:45:56

不用找

觉察不是一种努力

比如我问你,你现在的感受是什么你不需要刻意做
一个感受的动作

如果你现在清晰地感觉到你是愤怒或是悲伤的,你马上就能知道如果你现在的感受
不清晰,那你马上也能知道自己感受模糊不清但你往往想要通过努力、通过控制让自己不清晰的感受变得清晰这是“找感受”的实质

Lightly Dancing Wind 2020-10-22 11:49:08

You mean to release your emotions directly
when they arise, without deliberately seeking out a clear
stream? 2020-10-22 11:49:12

In fact, it has no connection to past situations, events, thoughts, or
analyses, and there's no need to dig into it.

Bar?

I always struggle to perceive and try hard to distinguish.

Wind 2020-10-22 11:50:04

Hmm, no need to dig.

Because when you try to dig deeper, you're actually trying to control it; you're trying to suppress your current feelings and find a feeling you desire.

Silence 2020-10-22 11:51:16

Don't you need to recall an event or a problem? (Wind) 2020-10-22

11:51:27

You can recall it, or you can choose not to.

If you have a problem you want to improve, you can think about it for a bit.

Lightly Dancing Wind 2020-10-22 11:51:49

@Wind ? Can't I just release my emotions directly? Wind 2020-10-22 11:51:59

Yes

Directly experience your current emotions, and then follow the process. You can ask anyone who has successfully released their emotions.

Qingxi 2020-10-22 11:52:37

@Wind ? Is the desire to perceive driven by a desire for approval or a desire for control? Isn't this also a distinction made by the brain? Wind 2020-10-22 11:52:52

no

You can perceive

It's not about analyzing, trying to control, or agreeing with something. Because in reality, all your feelings are driven by a desire for survival, a need for validation and control.

If we were to analyze it, then all three are present.

Qingxi 2020-10-22 11:53:40

I've always analyzed their wind 2020-10-22 11:53:43

The identification of the release of desire is not analysis.

Rather, it's about which one you're more aware of right now.

The moment you become aware of it, you have a natural tendency to let it go, like a gentle breeze.

2020-10-22 11:54:18

@Wind ? @Wind ? When emotions are surging but a thought keeps recurring in your mind , how do you release it?

Wind 2020-10-22 11:55:00

When you say "I can't control it," you realize that you're trying to control the gently dancing wind. 2020-10-22 11:55:18

@Wind ?

Release control? Wind

2020-10-22 11:55:20

When you realize you're exerting force, you become aware of your desire to control. Be aware of this desire to control, and allow yourself to simply observe and control this

urge.

Then allow it to
be released by the gentle
breeze. 2020-10-22 11:55:38

@Wind ? Does that mean
release control? Wind 2020-10-22
11:55:40

Um

It's very simple.

Don't complicate it.

Qingxi 2020-10-22 11:57:19

up and interfering, then you should just ignore them, right? @Wind
Wind 2020-10-22 11:57:20

Yeah, don't worry about your brain.
Because your mind is actually programmed.

Sui Le 2020-10-22 11:57:32

@Wind ? I can sense it for a fleeting moment, but I can't release it.
What should I do?

风 2020-10-22 11:57:49

这个是卡住

注意到你卡住的感觉

然后注意到你想要改变卡住的感觉然后觉察到想要改

变

如果你不释放掉想要改变，它就会持续运作你你就会持续卡住

Silence 2020-10-22 12:02:30

My mind is powerful, but my awareness is weak [facepalm]. I can
clearly know my thoughts and ideas, but I can't perceive (feel) my feelings .

Wind 2020-10-22 12:04:41

You're just used to suppressing your feelings.

This problem can be solved quickly by simply
following the process . 2020-10-22 12:04:59

@Wind ? Release the feeling of being stuck, like looking at the
card, feeling the feeling of being stuck, and then asking yourself, do I want to
change it? Can I make it go away? Like this?

Wind 2020-10-22 12:05:29

Be aware of your desire to change

hai 2020-10-22 12:05:42

@Wind ? Does releasing desires not
require connecting with events or people? Wind
2020-10-22 12:05:53

Need not

Qingxi 2020-10-22 12:10:46

How can one completely forget about people and things and
continuously release desires for several hours? (Wind) 2020-10-22
12:10:56

You don't need
to control or
think about
it; the things

will
automatically
surface.
But you only need to pay attention to your desires.

Yitian 2020-10-22 12:29:40

Where is the key
point here ? 2020-10-22 12:30:17

Why don't you try it yourself?
It's really simple, try it and you'll get it.

Which step did you encounter a problem with?

Can you feel your own
feelings now? (Yitian) 2020-10-22
12:31:37

first step
I didn't
feel anything . (October
22, 2020) 12:32:00

Hmm, the feeling isn't
clear, is it? (The Heaven Sword and
Dragon Saber) 2020-10-22 12:32:08
right

Wind 2020-10-22 12:32:27

Do you want to change
this ambiguity? (Yitian) 2020-10-22
12:32:39

No
Wind 2020-10-22 12:32:57

Do you want to let
go? (The Heaven Sword and Dragon
Saber) 2020-10-22 12:33:11

want
Wind 2020-10-22 12:33:25

Hmm, did you notice this?
(Yitian) 2020-10-22 12:33:42

Unaware
wind 2020-10-22 12:33:54

Do you want to
become aware of it? (Yitian)
2020-10-22 12:34:13

want
Wind 2020-10-22 12:34:32

You know what you want,
right? (The Heaven Sword and Dragon
Saber) 2020-10-22 12:34:45

right
Wind 2020-10-22 12:35:08

Okay, keep this
in mind, you know about
Yitian. 2020-10-22 12:35:18

OK

Wind 2020-10-22 12:35:18

Does this person
want to leave? (Yitian)

2020-10-22 12:35:47

Unclear

Wind 2020-10-22 12:36:03

Do you want to change
this uncertainty? This
feeling of uncertainty?

Yitian 2020-10-22 12:36:26

No desire to change

Wind 2020-10-22 12:36:49

Do you want it to be
clear? (Yitian) 2020-10-22 12:37:00

No

Wind 2020-10-22 12:37:16

Can you perceive this unclear
feeling? (From "The Heaven Sword and Dragon
Saber") 2020-10-22 12:37:49

able

Wind 2020-10-22 12:38:15

Allow yourself to become aware of it
Has this feeling become
clearer? (The Heaven Sword and Dragon
Saber) 2020-10-22 12:38:49

Nothing

changed 2020-10-22

12:39:00

Do you want to
change it? (Yitian) 2020-10-22
12:39:32

It's uncertain; I don't know if
there's any intention to change the wind.
2020-10-22 12:39:43

Hmm, do you want to
understand? Do you
want to be sure?

Yitian 2020-10-22 12:39:57

No

Wind 2020-10-22 12:40:17

Can you perceive this uncertain
feeling? (Yitian) 2020-10-22 12:41:01

A thought arose in my mind:
going around in circles like this... the
wind 2020-10-22 12:41:18

Hmm, do you want to control
this process? (Yitian) 2020-10-22
12:41:30

No

Wind 2020-10-22 12:41:51

What do you want to do about this feeling?

Yitian 2020-10-22 12:42:05

The sound of
silence around me
makes me not want
to do anything
about my
feelings.

风 2020-10-22 12:42:40

想一件你想要改变或者改善的事你
能回想起来吗

倚天 2020-10-22 12:42:58

能

风 2020-10-22 12:43:11

你能够觉察到你想要改变它吗？倚

天 2020-10-22 12:43:29

有一点

风 2020-10-22 12:43:41

嗯，允许自己觉察到这个想要改变它
离开了吗？

倚天 2020-10-22 12:44:07

没有

不确定

风 2020-10-22 12:44:31

好，再次集中到那个你想要改变的问题上你
能感觉到你想要改变吗？

倚天 2020-10-22 12:44:44

好

能

风 2020-10-22 12:45:25

允许自己对此更有觉察
它浮现到表面了吗？

倚天 2020-10-22 12:46:12

不明显

风 2020-10-22 12:46:30

继续注意这个不明显的感受
你能更加觉察到这个不明显的感受吗？

Yitian 2020-10-22 12:47:49

When you guide me like this, or when I guide myself, I enter
a very quiet state where my thoughts seem to stop.

Wind 2020-10-22 12:48:17

It's probably a state of
automatically suppressing
feelings.

Yitian 2020-10-22 12:48:33

It should be
wind of Qingming

Festival. 2020-10-22 12:48:54

That's okay.
When you feel quiet, it's still a
feeling ; you can still release it.
If you can't release it, it's
stuck . You need to release
it to change what you want to
change.

When something gets stuck, you definitely have
a desire to control it and prevent it from getting stuck .
2020-10-22 12:49:57

I feel this "quiet"
wind 2020-10-22 12:50:30

Yes, if you want to maintain this quiet, it's
also a desire for control. Once you become
aware of this desire for control, it will be
released.

Yitian 2020-10-22 12:50:46

I sense that this "quiet" can
remain unchanged for a long time.
I didn't intend for

it to change the wind.

2020-10-22 12:51:14

Therefore, you should be conscious of
whether you want to control it. If you
don't want to change it, then you want
to maintain it.

Yitian 2020-10-22 12:52:03

It seems there's neither a desire to
change nor a desire to maintain the trend.

2020-10-22 12:52:21

What is that?

Yitian 2020-10-22 12:52:24

how I feel when I
calm down. 2020-10-22

12:52:59

When you can't let go, you need to
pay attention to what you want.
Don't try to force it in other
directions.

Because it's your desire to control that's causing you to get
stuck, making things unclear, and preventing you from feeling the
release of the Heaven Sword. 2020-10-22 12:54:27

When I calm down, my
mind becomes a bit
sluggish, and all I
feel is silence.

After a while,

I'll fall asleep .

(2020-10-22) 12:57:06

repressed system with severe
procedural repression. 2020-10-22

12:57:20

It should be
A false calm

Sophie 2020-10-22 12:57:56

What should we do in this
situation?

I realized I had the same feeling; I had a similar
feeling yesterday when Teacher Feng guided me through the
process . 2020-10-22 12:59:30

Solve it with a process

Huixuan 2020-10-22 12:59:54

@Wind ? I don't need to ask anymore, not even a single question.
I just feel it flowing outwards. Does that count as releasing the wind?
2020-10-22 13:00:10

Can

However, it's worth
noting that controlling
and acknowledging this
release can be faster.

Wind 2020-10-22 13:02:29

A long-suppressed mind can learn to release itself by addressing the
problems that have been troubling it for a long time.

Yitian 2020-10-22 13:03:02

For example

Wind 2020-10-22 13:03:06

You can use events that evoke strong emotions.

For example, when you are angry, you can't possibly not feel anger; when you are intensely sad, you can't possibly say you don't feel it.

Once you learn to release emotions, you'll also be able to clearly identify those subtle, underlying emotions .

2020-10-22 13:03:45

Um

Then, the question is: What about the wind ? 2020-10-22 13:04:18

Yes, by using the process more, you will gradually gain a clearer understanding of your own emotions. Try the process yourself first.

Grateful for everything 2020-10-22 13:08:09

Teacher Feng, I like to directly release my desires. It feels like all my thoughts boil down to wanting validation and wanting control. Is it okay to just release them like this?

Wind 2020-10-22 13:08:12

The feeling of releasing desire is profound.

If you are truly releasing your desires, then of course you can be grateful for everything. 2020-10-22 13:08:57

obvious

It feels like everything stems from a desire to control and gain acceptance.

Yitian 2020-10-22 13:09:12

@Wind ? Thank you for taking the time out of your seclusion to guide us.

Wind 2020-10-22 13:09:25

I need to clarify some things

I sense that someone is confusing this method, so I'm saying a few words. Once I've explained things clearly enough, I'll go into seclusion and prepare to head straight for the end. At least I'll preserve those explanations.

Those who have learned the release method under my guidance can use

the explanations and materials on the original release method to correct the confusion and misleading information in the group.

This allows newcomers to have a pure environment for learning the Release Method.

I hope that while I'm gone, those who have come to understand the Liberation Law will be able to use the original materials to correct those misconceptions. [Handshake][Handshake]

V 2020-10-22 13:14:07

How do you make the feeling leave? I tried exhaling before, but when I tried to make the feeling leave, I didn't know how.

风 2020-10-22 13:14:43

消融

感受清晰起来，浮现到意识表面，然后消融

Yitian 2020-10-22 13:15:43

Active release should begin with
feeling the active grasping; without
feeling the active grasping, there's
no talk of actively letting go.

Wind 2020-10-22 13:16:34

This is an analysis

Regardless of whether the analysis is correct or not, it does not help
with the release.

Many people who attend the Lester Levenson (The
Sedona Method) Liberation Method course don't
understand these concepts at all. They don't know
what liberation, grasping, or letting go are.

But this process is designed to help you access your emotions and even
your desires, to become aware of them, and then...

Then let it leave.

Yitian 2020-10-22 13:17:52

When I ask, "Can you let go?", I
cannot answer the wind. 2020-10-22 13:18:16

Can you let it leave?

You can answer "I don't
know," so why do you have
to do it this way?

The course states the following:

So if you're unsure whether you're releasing, just keep at it. You might not be
aware of each release, but as you practice this technique, it will become easier
and easier until you're certain you're releasing. Also, releasing is done through
a series of questions that may not seem particularly special at first. But as you
continue , you'll see that these questions evoke a lot of feelings as I ask them
and as you practice. These questions are designed to give you a releasing
experience; they don't need to be understood at the beginning, and in fact, you
won't. But as you're willing to practice using these questions consistently,
you'll find it increasingly easy to use them for releasing.

Wind 2020-10-22 13:20:10

Do you
understand
? This is

a

technique.

This process itself helps you connect
with your emotions, so there's no need
to add anything extra to it.

Questions do not need to be understood.

The question cannot be understood until you release it.

Huixuan 2020-10-22 13:21:10

@Wind , will you come to see
us again after you reach the finish line?

Wind 2020-10-22 13:21:26

If I am fortunate enough to reach the finish line, I will come back.

D 2020-10-22 13:22:05

What if I regress when I have free time? [Sad]

Wind 2020-10-22 13:22:26

Then continue to release
Don't try to understand things that are
impossible to understand before experiencing
them, such as questions.
Do not
analyze
the
meaning of
the
question .
It cannot be understood through analysis.

Word descriptions always deviate
from the original meaning of the
experience, so use as few and
concise concepts as possible to
guide yourself and avoid getting
caught up in endless semantic
complexity.

Huixuan 2020-10-22 13:31:01

@Wind ? You know what? Your explanations today sounded like a master giving a
sermon. [Grinning face]

Wind 2020-10-22 13:31:15

But I'm not a master.
I want freedom, but I'm not free yet
[chuckle]. So just take my
explanations with a grain of salt;
the real focus should be on Lester's
teachings.

Let's review our discussion from last night on the six steps; I think those are
the more crucial parts.

point

Six steps are the only key

Wood 2020-10-24 08:49:56

@Wind ? How's
your advancement? Wind
2020-10-24 08:53:38

I don't know how to put it, but in short, we're still a long way from freedom.

October 22, 2022 (New) : A question for those new to the
release method.

Wind 2020-10-22 09:31:52

Bodily sensations are already a form of "expression ." The first thing that is repressed is the fear of death.

Waterdrop 2020-10-22 09:32:20

Can I, as a beginner, directly release the desire to control and identify? Skip to releasing the nine emotions. (Wind, 2020-10-22 09:32:25)

Then it developed the desire to identify, and the desire to identify developed into the desire to control. The desire to identify and the desire to control developed into nine emotional states.

The nine emotional states develop into many subtle feelings, and these feelings develop into all thoughts.

Your thoughts are projected into your material world, which includes your body. are a projection of your "creation".

Wind 2020-10-22 09:34:21

When you release something, you release the emotions and desires that were the cause.

The desire for approval and control is the root cause of all emotions.
The desire to survive (the fear of death) is the reason for the desire
for identification and control.

Only ~ 2020-10-22 09:35:12

Physical and mental illnesses can produce different physical
sensations. Can both be released using release techniques? @风风2020-10-22
09:35:29

All feelings are part of the survival process . feelings are survival
programs)

You are releasing an emotion (feeling) , not the physical body as a
result.

Feeling

When you release your emotions, the physical
sensations associated with your illnesses will also
dissipate , but you don't need to intentionally
release them.

Since your body is merely an exact
copy of an astral body, of course it
is possible.

Wind 2020-10-22 09:37:27

The course, which takes only two days,
familiarizes newcomers with the emotion
release chart, helping them identify
their emotions.

Because many people, aside from physical sensations,
cannot identify their current emotions, they need the
assistance of forms.

Soon you will be able to transition to the stage of releasing desires.

The true purpose of the release method is to directly release the
desire for recognition, control, and even the desire to survive (the fear of
death), clearing away the underlying drivers.

I live for you, because I am you. (2020-10-22) 09:39:15

Greed—is it a desire to control or to endorse greed?

(Lust , an emotional state) (2020-10-22 09:39:46)

It may be controlled or driven, or it may be directly driven by the
desired identity.

OTHERNESS 2020-10-22 09:40:13

Is constantly wanting a diseased body an acceptance
or a form of control? Or both? (Wind, 2020-10-22 09:40:21)

Both

Freedom 2020-10-22 09:40:27

@Teacher Feng, I've noticed that after releasing all that energy, I feel a sense of pleasure, which is accompanied by a feeling of pride. It's like I feel really good when I feel good [facepalm]. I'm in a very excited and jumping state. Should I continue to release that pride?

Wind 2020-10-22 09:40:43

Actually, you don't need to analyze what it is in your head.

In other words, if you feel unwell and this causes you anxiety, simply release that anxiety.

Okay?

Because the desire for recognition is actually a drive to control.

But when you release, you release what has surfaced, that is, what you are aware of.

Lester Levenson (The Sedona Method) :

Releasing the desire for recognition and control is also a shortcut, compared to releasing all the emotions beneath them.

Identification and control.

Once you stop wanting to identify with or control something, all the emotions underlying them leave. But until you release your fear of death, you still have the desire to identify with and control something.

The only reason you want everyone's approval is because it ensures your safety and survival. If we don't get their approval, you try to force it on them so you can be safe. That's control.

But when you release the desire for identification and control, all the feelings beneath it leave. What remains is simply the desire for identification and control; by releasing the fear of death, you release them all.

When you get there, you will find it very easy to let go of death. The fear arises. You reach a point where it will push itself up and push itself out. You sit there, watching it completely, and it will expel itself on its own.

Then you'll laugh, and your mind will shut down. That's a really silly joke; it plays on your true self, thinking you're limited, but you never are.
the way

Yanfei 2020-10-22 09:43:49

@Wind Lately, I've been having a lot of feelings that aren't about wanting to agree or control, but rather a very strong urge to feel safe and secure.

Wind 2020-10-22 09:44:00

Then release what you want to be safe

The desire for safety/survival is the reason for all desires and feelings.

味道 2020-10-22 09:53:28

@风老师您好，我总是感觉被束缚，对别人要我做什么事很抵触，想要挣脱。这个该如何释放！

风 2020-10-22 09:53:28

此刻你能感受到这个抵触吗？

味道 2020-10-22 09:53:28

能

风 2020-10-22 09:53:28

它是想要控制还是想要认同？味

道 2020-10-22 09:53:28

控制

嗯，允许自己觉察到它

风 2020-10-22 09:53:28

它离开了吗？

味道 2020-10-22 09:53:28

没有

好了一点风

2020-10-22 09:53:28

Want to
change the wind

2020-10-22 09:53:28

Is it possible to simply
notice this desire? To
simply perceive it gently?

Has it left?

(Posted 2020-10-22

09:53:47)

I realized

I had left

a bit.

Wind 2020-10-22 09:54:42

Can you sense the desire for
change in the remaining people? (Taste,

2020-10-22 09:55:00)

Still want to
change the wind 2020-10-22

09:55:12

Hmm, allow yourself
to perceive its taste. (2020-10-22

09:55:30)

kindness

Wind 2020-10-22 09:55:32

Has it left?

(Posted 2020-10-22

09:55:55)

is back
again. 2020-10-22

09:55:55

Has it become more relaxed and enjoyable?

Hmm, is it possible to
simply perceive it? (Taste 2020-10-22

09:56:19)

I feel a little
better, more
relaxed, but I
still have some
resistance in my
heart.

Feeling a
sense of dread

(2020-10-22 09:57:57)

Is it seeking control or
validation? (Taste, 2020-10-22 09:58:13)

Want to control
Wind 2020-10-22 09:58:32

Can you detect
it? (Taste, 2020-10-22
09:58:47)

able
Wind 2020-10-22 09:59:01

Has it left?
(Posted 2020-10-22
09:59:15)

Afraid of not
doing things well, Bingzi (
2020-10-22 10:00:16)

@Fengfeng , how do I release my sense of body identity? I
always want to go to Guankong (a Buddhist temple in Taiwan), please take
me with you. (Posted 2020-10-22 10:00:32)

Things are a little better now.

Wind 2020-10-22 10:00:32

Release the control you want

I'd like to discuss a question with friends who are new to the release method.

Sometimes, once you start observing and focusing, the feeling disappears; you can't feel it anymore. This isn't a release.

This is a return to the habit of suppressing feelings and hiding them again.

The experience of release is feeling your emotions, accompanied by clear energy, leave your body from your chest and abdomen, while a feeling of greater ease and joy washes over you.

Use this to verify whether you have been released.

Generally, once you release it, you will clearly know that you have released it.

Xiao Congming 2020-10-22 10:03:37

Teacher Feng, if repressed feelings and beliefs are not released, won't they keep surfacing and creating similar events that make us sad and evoke similar feelings?

Wind 2020-10-22 10:04:26

The feeling of repression continues to drive our subconscious thoughts.

Wind 2020-10-22 10:04:35

mind is only creative

Every thought manifests, whether you look at it or not.

Subconscious thoughts are simply those thoughts we don't currently observe, which we program and allow to operate automatically in the background.

Therefore, repressed feelings are still your feelings, and they will still drive those thoughts you don't want to see to operate automatically in your subconscious.

Therefore, do not suppress your feelings; release them.

The release process (2022-10-22, new) requires no effort or concentration at any step.

Chloé • 2022-10-22 10:19:55

风老师引导我一次吧。。。可以吗？风

2022-10-22 10:20:31

Chloé • 2022-10-22 10:22:33

Um

Wind 2022-10-22 10:22:44

Has it left?

Chloé 2022-10-22 10:22:51

Less wind

2022-10-22 10:23:05

Can you still feel the urge

to control? Chloé 2022-10-22 10:23:21

Much better, I don't

feel as eager to control the wind

anymore. 2022-10-22 10:23:46

Consider your current feelings. Do you want
control or validation? (Chloé) 2022-10-22 10:24:03

Much calmer now, less

inclined to control the wind.

(2022-10-22 10:25:32)

Do you feel more relaxed and

happy? Chloé 2022-10-22 10:25:47

Relieved

Wind 2022-10-22 10:26:04

Do you want to change how you feel right now?

Or do you want to maintain it? Chloé 2022-10-22 10:26:38

Want to

maintain Wind

2022-10-22 10:26:54

Can you sense this desire to

control? Chloé 2022-10-22 10:27:03

I noticed

Wind 2022-10-22

10:27:20

Has it left?

Chloé 2022-10-22 10:27:35

Left

Wind 2022-10-22 10:27:54

Do you feel more relaxed and

happy? Chloé 2022-10-22 10:28:06

Relieved

Wind 2022-10-22 10:28:22

Continue this process and let your feelings continue to move upwards.
up

Chloé 2022-10-22 10:28:55

Um

Sapling 2022-10-22 10:32:57

I often feel a splitting sensation in my chest during
release, sometimes accompanied by an itchy back. (2022-10-22 10:34:46)

There will be many physical sensations

However, the experience of release has one thing in common.

That is, the feeling of blockage in the center of the senses (chest) is cleared, accompanied by a clear feeling of energy leaving, resulting in a more relaxed and pleasant feeling.

If you haven't experienced this, you can go back to the process of releasing emotions, pick up the emotion chart, and see what your current emotions are.

Then give yourself some time to simply experience the process of using three questions.

If you are familiar with the experience of releasing emotions, then using the process of releasing desires will be much faster and the release will be deeper.

A single act of releasing the desire for control and identification can release thousands upon thousands of emotions.

A carefree life 2022-10-22 10:45:41

@Wind , you have to feel every thought that comes to mind, right? And then ask three questions after you feel it, right? Wind 2022-10-22 10:46:34

Learn according to the course structure

I have currently translated the first and fifth lessons of the 1992 Release Method.

The first lesson teaches you how to release emotions.

You need to feel, not think.

Try to feel your sensations through your sensory center (chest and abdomen) when answering, and also answer intuitively.

Try to relax

Going through this process, there is no step that requires effort or concentration.

Wind 2022-10-22 10:50:01

This is normal. You rarely consciously engage with your emotions; this habit of repression needs to be eliminated through release.

Once you release, you can do it a second time.

If you keep doing it, you'll gain clearer and

clearer access to your emotions. Any addiction is driven by a feeling.

When you release your feelings, you will experience that freedom is not something you need to wait for results; it works immediately.

Once you release it, you will know immediately that you have released it.

When you can't feel it, this is what Lester calls "vague feeling"—a vague, indistinct sensation.

You notice the vague feeling, then realize you want to change it.

Release this desire to change, and the vague feeling becomes clear.

standlight 2022-10-22 10:57:32

@Wind , when you ask yourself those three questions, do you use "you" or "I"? Also, during my practice, why do I feel nothing when I ask myself those three questions, but when I ask myself "Can I allow myself to let it go?" it seems to have a greater effect? Is this personalized?

Wind 2022-10-22 10:57:55

You can ask yourself if you
can allow yourself to let
it go.
The English word is "could". You let it go
In this context, you don't
need to worry about "you" and "I".

(2022-10-22 10:59:34)

[Group chat history]

【

Wind: Can you feel what
you're feeling right now?

Miracle: Yes.

Wind: Does it want control or
acceptance? Miracle
control

】

Wind 2022-10-22 11:00:17

I used the same process for releasing the
three major desires from the 1992 Liberation
Method without making any changes.
So it's the
same . (2020-10-22
11:05:22)

What does it mean to feel your sensations through your sensory
centers (chest and abdomen)? @风风2020-10-22 11:05:50

Where do you feel?
(Yitian, 2020-10-22 11:05:58)

Is it just about noticing
the "blockage" in the
chest and abdomen? Doesn't
that become a physical
sensation?

Wind 2020-10-22 11:06:30

You are aware of your emotions
the inner feelings
from the chest.
Once you get used to it, you won't need to specifically emphasize where
to start perceiving it.

2020-10-22 (New) How can I release the pent-up emotions

that I feel so suppressed?

Yitian 2020-10-22 11:15:15

When I was learning a Chinese meditation technique, my teacher told me to use the Tanzhong acupoint for introspection. However, I couldn't seem to grasp this point, so I didn't learn it.

Wind 2020-10-22 11:15:29

However, an important thing you need to remember is that this course is experiential. If someone gives you a book telling you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential activity. Just like when you ride a bicycle: you learn how to ride , then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just driving.

That's all. The same thing happens when you use this technique. The more you do it, the more you grasp the essentials, and the more natural the release becomes. You're just getting on the bike and keeping going. So what's going to happen is that even if you have to think about it a bit and manipulate yourself a little at first, as you keep doing it, you'll find it becomes...

It's getting easier and easier.

Wind 2020-10-22 11:16:00

The metaphor of riding a bicycle is also
Lester Levenson (The Sedona Method) 's use
of the word "bicycle". The release method
course described in the book does not allow
any preconceived theories to contaminate you.
We'll guide you through the process directly, allowing you to experience the
release.

It's okay to make mistakes. After a few
mistakes, you'll know what's right. But if you
don't go through the process yourself and
experience it, you'll never truly learn.

Liu (2020-10-22) 11:17:09

How can I release the
pent-up emotions that
are causing me so much
repression?

风 2020-10-22 11:18:10

你能够注意到现在的感受吗？

柳某人 2020-10-22 11:18:19

没啥感受

风 2020-10-22 11:19:55

模糊不清的感受？

自在人生 2020-10-22 11:19:57

平时念头多

柳某人 2020-10-22 11:19:58

算是吧

风 2020-10-22 11:20:06

你想要改变这个模糊不清的感受吗？

倚天 2020-10-22 11:20:18

老师只能告诉你“用心不用脑”，甚至直接说“用胸腹部”，但到底怎么用心用胸腹部去感受，还得自己去体会

柳某人 2020-10-22 11:20:24

想改变

风 2020-10-22 11:20:29

能觉察到这个想要改变吗？

柳某人 2020-10-22 11:21:41

不能

风 2020-10-22 11:21:46

你想要觉察到吗？

柳某人 2020-10-22 11:21:49

想

风 2020-10-22 11:22:10

能够觉察到这个想要吗？

Liu (2020-10-22) 11:22:40

able

Wind 2020-10-22 11:22:45

Has it left?

(Liu Mouren, 2020-10-22)

11:22:50

wind has

passed 2020-10-22

11:23:10

Has the vague feeling become
clearer? (Liu Mouren, 2020-10-22

11:23:16)

has

cleared somewhat.

(2020-10-22 11:23:26)

Hmm, is it trying to control
or to gain approval? (Liu Mouren,
2020-10-22 11:24:04)

control

Wind 2020-10-22 11:24:09

Can you

detect it? (Liu,

2020-10-22) 11:25:16

cannot

Wind 2020-10-22 11:25:24

Want to

notice? (Liu Mouren,

2020-10-22 11:25:40)

think

Wind 2020-10-22 11:25:49

Has it left?

(Liu Mouren, 2020-10-22)

11:26:00

Gone

Wind 2020-10-22 11:26:06

No, it was only mentioned briefly in the
course, because it wasn't the main point. (2020-10-22

11:26:15)

This really

isn't the point .

(2020-10-22 11:26:26)

Because if you try too hard to find that

feeling, you're trying to control it. If you
want to control, you won't get control.

Wind 2020-10-22 11:26:50

It's that simple.

Has the feeling
become clearer? (Liu Mouren,
2020-10-22 11:27:06)

Um

Wind 2020-10-22 11:28:50

So, it's very simple: when you're feeling extremely repressed,
just feel this vague feeling and release your desire to change
it.

When the desire for change is released, you can feel
your current feelings more clearly. (Liu Mouren, 2020-10-22 11:28:53)

Then repeat
it, right? (Feng 2020-10-22
11:28:59)

Um
This really doesn't
require effort to understand .
(2020-10-22 11:29:10)

Thanks
Wind 2020-10-22 11:29:21

If it's unclear, then feel
the unclearness and notice
that you want to change
it. Release the
unclearness, and it will
automatically become
clear.

Liu (2020-10-22) 11:29:42

Looks like
I need to practice more
. (2020-10-22 11:30:16)

Don't try to use extra techniques outside of the
process to handle problems encountered within the process.
(2020-10-22 11:30:19)

The release process itself can
handle all situations. (Liu Moumou,
2020-10-22 11:30:30)

Um
Wind 2020-10-22 11:30:34

This includes "not feeling emotions," "vague," "stuck," and
"confused." (2020-10-22 11:31:00)

These issues can all be resolved
after the release process is completed .
(2020-10-22 11:31:09)

No prior practice is
required; the
practice process
itself is
sufficient.

Liu (2020-10-22) 11:32:18

Are there fixed questions
for when you can't sense
emotions? Are there

procedural questions?

Wind 2020-10-22 11:32:36

have

Feel this vague feeling

Then ask yourself, "Do I want to
change this feeling?" (Liu Mouren, 2020-10-22
11:34:39)

Want to
change? (Wind, 2020-10-22
11:34:40)

Um

Liu (2020-10-22) 11:34:50

Understood, thank you.

2020-10-22 (New) Physical sensations are merely an
expression; emotions are the cause.

standlight 2020-10-22 20:20:15

@Wind, in my recent releases, I've noticed a warm sensation
in my chest and abdomen. Is this the energy you're referring to? Wind
2020-10-22 20:20:53

Energy is emotional energy
standlight 2020-10-22 20:21:10

Should we let them
leave naturally? (Wind,
2020-10-22 20:22:16)

no
You don't need to
focus on your body's
temperature; focus
on your emotions.
Release your emotions

standlight 2020-10-22 20:23:41
Don't worry about your body's
reactions, just let it be, right? (Happy Cat,
2020-10-22 20:23:53)

For example, how long does it take to completely release a desire
after an event? Is it half an hour to an hour, or just a few minutes? I want to
check and judge whether my release was correct.

Wind 2020-10-22 20:24:40

Um
The time required for an event to be completely released is not
mandatory.

It depends on how much you suppress the desire
to control, identify with, and live within it. (Happy Cat,
2020-10-22 20:25:16)

Is it a one-time release or can it
be released repeatedly ? (2020-10-22 20:25:16)

Ideally, it
would be a one-time happy
cat. (2020-10-22 20:25:28)

For example, is it normal
for wind to be released over several
days? (2020-10-22 20:26:19)

Um
Wuxin 2020-10-22 20:26:50

What are the standards
for clean release ? (2020-10-22
20:27:00)

Love for
something, no
matter what.

Lin c 2020-10-22 20:28:22

And then you just feel
relaxed and happy? (Wind, 2020-10-22
20:28:34)

After feeling relaxed and happy,
continue to release the desire to identify with and
control the happy cat. (2020-10-22 20:28:15)

I often feel relaxed but lack joy. Does this mean I haven't fully
released my emotions, and I need to continue releasing them? (Wind, 2020-10-22
20:29:03)

continue
Lin c 2020-10-22 20:30:17

If you feel relaxed but not joyful, does that
mean you haven't fully released your emotions? (2020-10-22
20:30:25)

Um

Because your natural disposition is to be joyful.

It's easy to understand that if
there's no pleasure, then
there's something covering it
up.

Dream come true 2020-10-22 20:31:33

@Wind What's the difference
between physical sensations and emotions?

Wind 2020-10-22 20:32:39

Bodily
sensations are
merely
expressions of
emotions; the
real cause is...

Emotions are feelings you experience such as anger, sadness, indifference,
fear, etc.

October 23, 2020: The wind guided group members to release
[their emotions/feelings].

Xiao Congming 2020-10-23 10:06:57

Teacher Feng, no matter what I release, the sensation is very
weak, even the feeling of being stuck is very weak. (2020-10-23 10:07:23)

The feeling is faint
because you want to
control it and want it
to be more pronounced.
This desire to control leads you to
suppress your feelings. You should
become aware of this subtle feeling
that you want to change. When you
release this desire to change...

Chloé 2020-10-23 10:08:29

@Feng How to resolve the predicament of having a
job you dislike but a job you like that doesn't pay well? Feng
2020-10-23 10:08:36

The faint sensation will soon become obvious.

云飘过的声音 2020-10-23 10:09:07

有一点
能
胸口紧

风 2020-10-23 10:09:48

我会因此调整问句

云飘过的声音 2020-10-23 10:09:52

我自己试过

How are you feeling
right now? (Sound of Clouds
Passing By, 2020-10-23 10:12:21)

Than
k
you
for
bein
g
nerv
ous.

Wind 2020-10-23 10:12:51

Feeling anxious?
The sound of clouds drifting by 2020-10-23 10:13:07

Yes, I'm
afraid of the wind.
(2020-10-23 10:13:12)

Can you simply allow yourself to
feel this anxiety? (Clouds Passing By,
2020-10-23 10:13:27)

Fear
of
death
is
possib
le

Wind 2020-10-23 10:13:48

Just trying to feel
the sound of clouds drifting by.
(2020-10-23 10:14:09)

Tight breasts

Wind 2020-10-23 10:14:43

Relax
Don't pay attention
to your body's sensations, just
listen to the sound of clouds
passing by. (2020-10-23)
10:14:57

Some things
are missing . (2020-10-23
10:15:07)

Can you feel this

anxiety? (Sound of Clouds Passing By,
2020-10-23 10:15:44)

The wind
can't be found

2020-10-23 10:16:11

Relax your body. How do you
feel right now? (Sound of Clouds Passing
By, 2020-10-23 10:16:11)

Should I try my
best to find it? (Wind,
2020-10-23 10:16:19)

Need not
The sound of clouds drifting by 2020-10-23 10:16:40
has calmed
down somewhat.

(2020-10-23 10:17:02)

Is it just a feeling
of calm now? (Sound of clouds
drifting by, 2020-10-23 10:17:07)

The initial
sensation of wind lessened.
(2020-10-23 10:17:26)

Hmm, am I feeling calm
right now? (Sound of Clouds Passing
By, 2020-10-23 10:17:49)

It wasn't just calm; there
was also a hint of tension .
(2020-10-23 10:18:04)

Hmm, can you just notice these tensions? You don't need to dig into them, you don't need to try to see them, just gently notice them.

The sound of clouds drifting by 2020-10-23 10:18:25

Yes,
it
is
poss
ible

Wind 2020-10-23 10:18:46

Um, can you allow it to leave? It's just a matter of yes or no.

The sound of clouds drifting by 2020-10-23 10:19:06

able

Wind 2020-10-23 10:19:17

Are you willing to let it go? (Sound of clouds drifting by , 2020-10-23)
10:19:38

Unwilling

Wind 2020-10-23 10:19:51

When are you going to let it go? (Sound of Clouds Passing By, 2020-10-23 10:19:56)

This was my first reaction .
(2020-10-23 10:20:14)

Okay, it's okay, don't worry about your answer. (Clouds Passing By, 2020-10-23 10:20:43)

I hope I can let him go now. (2020-10-23 10:21:09)

Okay, try to relax your body as much as possible. (Sound of clouds passing by 2020-10-23 10:21:20)

OK

Wind 2020-10-23 10:21:34

Now look at how you feel. Can you still
feel nervous? (Cloud's Voice, 2020-10-23 10:22:03)

The wind
has eased a bit
2020-10-23 10:22:31

Could we simply notice that lingering
tension? (Sound of Clouds Passing By, 2020-10-23
10:22:42)

It's
getting
lighter
and
lighter .

Wind 2020-10-23 10:22:58

Hmm, do you feel a
sense of release? (Sound of Clouds
Passing By, 2020-10-23 10:23:40)

It's much calmer
than at the
beginning, I feel
something.

Wind 2020-10-23 10:24:03

Now let's go a little deeper.

The sound of clouds drifting by 2020-10-23 10:24:12

OK

Wind 2020-10-23 10:24:22

Try to relax your body, just let
yourself be aware of your current feelings.

(2020-10-23 10:24:39)

what is it?

Are you still feeling nervous?

Or some other

feeling? The sound of clouds
drifting by (October 23, 2020)

10:24:53

Fear

Wind 2020-10-23 10:25:16

Is it possible to merely
perceive this fear subtly? (Sound of Clouds
Passing By, 2020-10-23 10:25:30)

able

Wind 2020-10-23 10:25:57

Does it evoke a desire to
control or to conform? (Cloud's Voice,
2020-10-23 10:26:11)

control

Want to

improve the wind

2020-10-23 10:26:30

Can you simply allow yourself to subtly
become aware of this desire to control? (Sound of Clouds
Passing By, 2020-10-23 10:26:48)

able

Wind 2020-10-23 10:26:50

I just barely

noticed , um,

it's gone?

The sound of clouds drifting by 2020-10-23

10:27:18

Left

How do you feel now? Have you become
more relaxed and happy? (Sound of Clouds Passing By,
2020-10-23 10:27:45)

some

Wind 2020-10-23 10:28:09

Allow yourself to notice how you feel
right now. (Sound of passing clouds, 2020-10-23
10:28:14)

I feel much more relaxed,
happy, and confident now.
I'm quite pleased.

My body doesn't feel
so uncomfortable anymore .

(2020-10-23 10:29:09)

This feeling of happiness evoked in you a
desire to control or a desire to validate it? (Cloud's
Voice, 2020-10-23 10:29:23)

control

Want more

wind 2020-10-23

10:29:40

嗯，能够只是允许自己更加觉察到这个想要控制吗？

只是轻轻地觉察到它

云飘过的声音 2020-10-23 10:29:58

能

Xiao Congming 2020-10-23 10:34:15

Teacher Feng, could you please guide me? I want to let go of my obsession with the past and understand the facts and other people's perspectives.
@Feng

Wind 2020-10-23 10:34:32

Have you ever
experienced releasing your
emotions? (Xiao Congming,
2020-10-23 10:34:58)

I've experienced it, but at most it's just calm;
after a while, the painful feeling comes back. (2020-10-23
10:35:27)

Okay, let go of
your previous experiences .
(2020-10-23 10:35:33)

Keep open
The possibility of
embracing a completely new experience (
Xiao Congming, 2020-10-23 10:36:02)

Good
Teacher Style
2020-10-23 10:36:35

Try to relax your body. Can you feel
how you feel right now? (Xiao Congming, 2020-10-23
10:37:19)

I feel a little down, but I
don't want to feel the wind. (2020-10-23
10:37:40)

Um

Can you simply notice the most
superficial feeling? You don't
need to force yourself to feel
it.

Xiao Congming 2020-10-23 10:38:18

I want to cry

Wind 2020-10-23 10:38:45

What is the feeling
of gently noticing
it?

Xiao Congming 2020-10-23 10:40:04

The feeling of
pain that can't be vented .

(2020-10-23 10:40:43)

Can you just subtly
perceive it? (Xiao Congming, 2020-10-23
10:41:29)

It's unlikely; once I went there, I realized it had gone deeper into the
area.

Wind 2020-10-23 10:41:58

Relax your body
What do you feel when you
relax? Even subtle sensations
are fine.

Xiao Congming 2020-10-23 10:42:59

I feel like crying .

(2020-10-23 10:43:17)

If you only allow
yourself to notice
it, can you let it
go?

Xiao Congming 2020-10-23 10:44:16

cannot

Wind 2020-10-23 10:44:33

Would you let it
go? (Xiao Congming, 2020-10-23
10:45:28)

I do

Wind 2020-10-23 10:45:38

When are you planning to
let it go? (Xiao Congming, 2020-10-23
10:46:12)

Now

Teacher, I don't know why, but I feel a
little reluctant to part with it. (2020-10-23
10:46:45)

It doesn't matter

Wind 2020-10-23 10:47:24

Relax, gently focus your attention inward. How do you
feel right now? (Xiao Congming, 2020-10-23 10:47:50)

Calmer
than before 2020-10-23
10:48:11

Can you allow yourself to
simply notice that feeling
and then let it go?

Xiao Congming 2020-10-23 10:48:40

able

Wind 2020-10-23 10:48:49

Are you willing
to let it go? (Xiao Congming,
2020-10-23 10:48:59)

willing

Wind 2020-10-23 10:49:06

when?

Xiao Congming 2020-10-23 10:49:20

Right now

Wind 2020-10-23 10:49:32

Did you feel it being
released? (Xiao Congming,
2020-10-23 10:50:10)

No

Wind 2020-10-23 10:50:37

It's okay, relax. How are you feeling
right now? (Xiao Congming, 2020-10-23 10:50:56)

calm

Wind 2020-10-23 10:51:20

Can you allow yourself to notice this
seemingly peaceful feeling? (Xiao Congming, 2020-10-23
10:51:35)

able

Wind 2020-10-23 10:51:43

Can you let it
go? (Xiao Congming,
2020-10-23 10:52:24)

able

Wind 2020-10-23 10:52:37

Are you willing
to let it go? (Xiao Congming,
2020-10-23 10:53:05)

willing

Wind 2020-10-23

10:53:18

when?

Xiao Congming 2020-10-23 10:53:41

Now

Wind 2020-10-23 10:53:58

What were your experiences? Did
you feel it leaving? (Xiao Congming,
2020-10-23 10:54:15)

I still didn't

feel any wind. 2020-10-23

10:54:22

It doesn't matter

Stay relaxed, simply allow yourself

to be aware of how you feel right

now. Is it still that calm?

Xiao Congming 2020-10-23 10:54:54

still

Wind 2020-10-23 10:55:14

Yes, allow yourself to
simply feel the wind. (2020-10-23
10:55:27)

Can you let it
go? (Xiao Congming,
2020-10-23 10:55:42)

able
Wind 2020-10-23 10:55:52

Are you willing
to let it go? (Xiao Congming,
2020-10-23 10:56:08)

willing
Wind 2020-10-23 10:56:13

when?
Xiao Congming 2020-10-23 10:56:26

Now
Wind 2020-10-23 10:56:35

Now look at how you feel. You're just
allowing yourself to appreciate its cleverness.
(2020-10-23 10:56:58)

I feel a little more relaxed than
before, but there's a very faint breeze.
(2020-10-23 10:57:02)

Can you let it
go? (Xiao Congming,
2020-10-23 10:57:38)

able
Wind 2020-10-23 10:57:44

Are you willing
to let it go? (Xiao Congming,
2020-10-23 10:57:56)

willing
Wind 2020-10-23 10:58:04

when?
Xiao Congming 2020-10-23 10:58:12

Now
Wind 2020-10-23 10:58:28

Now look at how you feel. What
is it? (Xiao Congming, 2020-10-23 10:59:23)

The feeling is
still one of calm.

(2020-10-23 11:00:05)

Okay, keep going through the same
process. Be patient and keep doing it,
and you'll feel the effects more and
more clearly.

Xiao Congming 2020-10-23 11:00:19

好的

风 2020-10-23 11:00:28

但是千万不要用力去做

风 2020-10-23 11:00:40

抗拒和烦躁，当然可以释放

小聪明 2020-10-23 11:00:50

@风?好的风老师，谢谢老师

Xiao Congming 2020-10-23 11:05:52

@Wind? Thank you, Teacher Wind. Although I haven't achieved joy yet, I just had a good cry and feel much calmer. While the effects weren't as dramatic as some other people who received guidance, I'm willing to let go gradually.

Wind 2020-10-23 11:10:00

Try your best to learn the release techniques and guidance skills, and help each other. I'm finding it increasingly difficult to humble myself and guide others.

It takes a lot of effort each time.

It takes a lot of effort to see others as separate from oneself.

Yes, if you haven't experienced release before, it's okay to slowly guide yourself through the process. Just follow the steps.

The power of this process is enormous.

It's not your guidance that's working, it's the release process that's working.

However, before you can guide someone, you must first release your desire to control and identify with that person; only then will your guidance be effective.

Wind 2020-10-23 11:43:24

Love is unity

The process of continuous release remains the same; the feelings of the moment will keep emerging.

If you let one go, another will come, and so on and so forth.

Yuanyuan 2020-10-23 11:46:06

@Wind So that means you don't need to dwell on the past. Just

let whatever comes to mind in the present moment, right? Wind 2020-10-23
11:48:19

Yes

Wind 2020-10-23 11:51:51

When everyone is helping and guiding

each other, remember three things:

First, you must learn and experience
the release yourself.

Second, it's best to release any desire to
control or identify with the other person before
guiding them. Third, maintain authenticity and
don't change the original process.

By following these three steps, you can help others learn and become a
qualified teacher of the Release Method.

October 23, 2020: Don't try to release it, just simply feel
it.

I am Infinite 2020-10-23 14:10:09

I've discovered that feeling and releasing are instinctive; I can't control the feeling and the release themselves, I can only utilize them. If I try to control the feeling and the release, or try to release it, then the mind is involved.

Wind 2020-10-23 14:11:35

The release process is a technique that awakens the instinct to release; you can control your feelings and release.

Lester did use the phrase "control your mind," but "effort" implies "the desire to control."

The desire for control equals a lack of control.

Therefore, the moment you get stuck when you try to control something, it's because of the "desire to control" at work.

If you don't release the program that's running you, it will keep getting stuck.

When you release the program that wants to control you, you will feel a sense of flow because your feelings drive the program, and everything that happens afterward will be under your control.

I am Infinite 2020-10-23 14:16:18

right

Wind 2020-10-23 14:16:40

Therefore, it is not impossible to control and release feelings. Instead, it requires a specific process and techniques to control it, rather than relying on your past habits.

Control is achieved by releasing the desire for control; recognition is achieved by releasing the desire for recognition; and security is achieved by releasing the desire for security.

Obtain security

Control, acceptance, and security are not necessarily bad things.

But "wanting" will keep you driven by a sense of lack.

I am Infinite 2020-10-23 14:19:14

Yes, what I mean is don't try to release things through control; that's suppression. For example, forcing yourself to feel something you can't feel, or forcing yourself to release something you can't release, is trying to

control, not truly releasing. Any effort to feel or release is an attempt to control, which will only lead to getting stuck, unable to feel or release.

Wind 2020-10-23 14:20:20

Yes, if you try to control it, it will get stuck.

Actually, I have a personal
perspective on this. (2020-10-23 14:21:22)

Any insights gained from personal experience can
be verified using a six-step process; if they
conform to this process, they are considered
correct.

I am Infinite 2020-10-23 14:22:16

To release it using methods you want to control, you would insert a
tube and dive, because releasing it is not a simple or easy process,
which is why you need to...

Make these efforts

Wind 2020-10-23 14:23:38

Note step three.

Immediately become aware of whether your current
feelings stem from a desire to control or a desire
to identify with and release them.

When you feel the urge to control, release
that urge instead of letting it linger and
operate within you.

I am Infinite 2020-10-23 14:24:31

Therefore, the entire Book of Abundance is about releasing through a desire for control, resulting in increasing repression. The Sandona Faith also involves various forms of control.

Wind 2020-10-23 14:25:12

If you try too hard to become aware and dig deeper,
you're doing it with a desire to control. You should
become aware of this desire to control and release it.

It's not a matter of using your brain.

How you direct it

What direction is it?

Lester's description of "using
mind to eliminate mind" is
crucial in terms of the
direction it leads.

[Heart] Happy Cat [Heart] 2020-10-23 14:28:12

Can it be understood as the mind providing a direction,
and then witnessing the "infinite" complete it? (Wind, 2020-10-23
14:28:20)

no

It must comply with the release process and meet the six-step requirements.

I am Infinite 2020-10-23 14:28:51

Yesterday I went into seclusion to release tension but found I
couldn't release anything at all. I realized I was deeply suppressing it, and even
the methods I used were ineffective. It wasn't until today that I realized I was
trying too hard to control myself. I've been using my mind to control how I feel
and how I release things. If I can't feel or release something, I try and force
myself to release it. I've been doing this all along.

Wind 2020-10-23 14:28:51

It's not about "abandoning your
mind" or "not having control," but
rather "doing what you want by
freeing up the process."

Lester's statement, "It's not that you
shouldn't want this or that," didn't
condemn those who "want" anything.

Instead, it's about "getting
everything you want through
release." Therefore, it's about
the release process.

Conforms

to the six-step wind

pattern 2020-10-23

14:30:20

Keep it simple

Don't add anything

else; the process is
fixed.

It's about letting the feeling surface, seeing whether
it's a desire to control or to conform, and then
letting it leave you and forgetting the fifth step.

I am Infinite 2020-10-23 14:31:53

When releasing energy through the process, be careful not to try to
release it forcefully. Just simply feel it and release it naturally. You don't need
to make an effort; just follow the process, and you will automatically feel and
release it. (Wind, 2020-10-23 14:32:07)

When you get stuck, you must first
release the control you want to exert.

If this does not conform to the six
steps, you cannot release it.

I am Infinite 2020-10-23 14:33:23

@Wind, I kept using step five back then, but I still couldn't find the key. Because when I tried to release the stuck control, I was also trying too hard to release it with my mind. All my attempts to release it were just straining.

Wind 2020-10-23 14:33:57

You can't do it
because you haven't
tried. If you just
try, you can do it.
Keep these six steps with you.

I am Infinite 2020-10-23 14:36:09

When I realized that I had been trying to fight against my feelings and desires, deeply trying to control them, trying to control every process and outcome, and desperately trying when I couldn't, I discovered that my mind was deeply involved. I was constantly trying to control every step, and this control kept my feelings suppressed deep inside, causing the process of release to be a constant struggle and tug-of-war. Only after I discovered this did I finally understand how to release them.

Wind 2020-10-23 14:36:15

Lester used the desire for safety, the desire to survive, and the fear of death to describe the same thing.

I am Infinite 2020-10-23 14:37:04

Continuing to release means continuously and easily releasing, not continuously and diligently releasing the wind. (2020-10-23 14:37:37)

Now, because the motivation from that first step was so strong, I'm spontaneously entering a state of release, being propelled into release.

Therefore, it is difficult to reach a state where one can guide others.

Because once this release continues, the mind becomes very quiet, making it impossible to perceive others as separate from oneself. (Wind, 2020-10-23 14:38:39)

This way you can't see the other person as having a problem. (I'm Infinite 2020-10-23 14:39:02)

If the fifth step involves releasing the control one is trying to gain from being stuck, and this release still involves mental effort, then this step...

It's not.

Yes, it's useful. The key is to learn the process, and how to easily

and simply let the process guide you automatically.

A Free and Easy Rose – Liu Guimei 2020-10-23 14:39:02

Within, it becomes a process of self-release, already in progress, so why continue to strive? Outside, there's a distance, and that needs to be bridged, right?

It wasn't about causing trouble; the guidance was quite insightful. It's just that things have been stuck lately. (2020-10-23 14:40:13)

Re-establishing a sense of separation from oneself and viewing others as separate entities requires significant effort. (I am Infinite, 2020-10-23 14:40:28)

I've discovered that the release is always automatic; it follows the process automatically from the start, without any conscious effort.

Controlled

Wind 2020-10-23 14:41:00

If I don't do this, I feel like I'll keep going upwards. (I am Infinite 2020-10-23 14:41:03)

It can be called instinct.

Feeling your instincts and releasing your instincts

As you ascend, duality disappears.

Mainland China 2020-10-23 14:42:00

@Wind I feel like I really want freedom, but once I start to feel more, I retreat. I'm a little afraid of the feeling of greater freedom, so I stop releasing it. When I start to actively push myself to release it, I feel tired. How can I solve this?

Wind 2020-10-23 14:42:00

The only reason you feel tired is because you want to control something; there's something you want to control that's happening.
I am Infinite 2020-10-23 14:43:22

So, follow the process and simply feel it. Don't think about it; just feel it. Release it by following the process. When you ask yourself, "Has it left?" Don't try to control whether it has left or not. If it has left, it has left. Trying to control it if it hasn't left won't help; it will only suppress it. So, the next step in the process is to release the control you're trying to exert over what you haven't released.

Dalu Zheng 2020-10-23 14:43:24

Yes, you can unconsciously fall into that habit. (2020-10-23 14:43:24)

Maintain
ing a
pure
applicat
ion
process

keepit simple, sweet This
is the "kiss principle"
that Lester mentioned.
Lester said it was very
simple.

But what people have been doing all along is making it extremely complicated.
We can use many language systems to
discuss the same thing; we may transform
many modes of expression.

But what is
necessary when
it's not?

Learn the release process and six steps

This is all the tools and map you need on your
path to freedom. (Little Sun~ 2020-10-23 14:55:45)

Teacher Feng, how long has this
continuous release been going on? (Feng, 2020-10-23

14:56:33)

Just a few weeks

The releases in previous years were intermittent.

But you only need to follow these six steps for a week to reverse strong past habits, and the release will be like a car speeding downhill.

Forward

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I am Infinite 2020-10-23 15:01:00

I used to subconsciously act according to past habits, but now I realize that those habits were just trying to control the wind. (2020-10-23 15:01:30)

The release process is not
in line with human habits,
so it is important to
consciously use a process
from the beginning.

The process will guide you until you reach a certain point.

More and more people in the group have
mastered the method, so I guess I can go into seclusion
now . (2020-10-23 15:02:00)

Throw away the Book of Abundance
and Saint Donafa, really. It was
wrong from the start.

Wind 2020-10-23 15:07:00

The map Lester Levenson (The Sedona Method) drew
was clear; all you had to
do was keep going.
In this era, only a minority
can enjoy freedom, so any
form of assistance should
not involve coercive methods
of dissemination.

For those who haven't experienced release, start by releasing the
feeling of release, and then try to release the desire for control
and identification—this aligns with the course structure.

Today I guided that group member

Because she has never experienced releasing her emotions.

So I started with three
questions to help her release
her emotions, and then gradually
guided her to take it a step
further.

Even those who haven't experienced releasing emotions
before will learn and understand quickly by following the course
sequence. (2020-10-23 15:16:57)

I once read an article about Lester explaining why the Liberation
Method became a paid service. Lester said that when he didn't charge, nobody took
Liberation seriously. Later, when he started charging, many people began to do it
diligently, and the results were much better. That's why he started charging for
Liberation.

Wind 2020-10-23 15:17:17

This is what Lester said
in an audio recording
about how he used to teach
for free.

Charging a fee is necessary because in a highly capitalist
society, people only value what they have paid for, but that
shouldn't be an excuse for others to charge fees.

Lester points out that the only reason you'll be pulled
back by the world and fail to succeed if you don't really
want freedom is because you don't want it that much.

Therefore, even if the method exists, I still don't believe most people can be truly free, but at least the tools should be provided to them.
Help those in need

However, during the release process, I experienced a strong gust of wind; any charge would compromise the presentation of this original method.

Therefore, I hope that when you share this method, you will not charge a single penny for it.

Wind 2020-10-23 15:26:33

To gain control, you can apply it to people, things, or emotions. Most importantly, you must first achieve it yourself before you can teach others.

If you cannot achieve abundance yourself, and cannot obtain everything you desire through giving, then you cannot teach others to do so.

people

You will inevitably modify or add some limiting concepts to it. If you can't run an institution simply by releasing emotions, but by charging fees, you can't maintain the purity of your experience of releasing emotions.

Aoku 2020-10-23 15:29:26

Experienced

Sometimes after releasing, I
feel very relaxed and comfortable .

(2020-10-23 15:29:34)

So, releasing
desires is like this (2020-10-23
15:29:51)

When you become aware of your emotions, you
recognize them and try to control or
acknowledge them, then let them go.

Vera 2020-10-23 15:31:14

How can this feeling of
abundance be achieved?
Follow these six steps to
continuously release it.

Aoku 2020-10-23 15:32:13

Sometimes I can't figure out if I want to control
the person or the emotion. (2020-10-23 15:32:30)

This is what
they want to control Aoku
2020-10-23 15:32:48

Or when I'm trying to release that feeling, I don't know how to ask, because
I feel a tightness in my emotions or body.

I feel like I've always been here.

Wind 2020-10-23 15:33:02

Wanting to figure out to figure (out) also
wanted to control Aoku 2020-10-23 15:33:45

I always thought you were a man [facepalm] @Wind

Wind 2020-10-23 15:34:12

I am a man
just want it more
My profile picture is of my
girlfriend who passed away from a
heart attack a few years ago; I've
always used her as my profile
picture.

Lester said the first step is simple:
just want more. I'm a 95er .

Having graduated
from university
for just over a

year, I no
longer care
who's free.
Whether the method
allows me to choose my
gender is not important
to me.
I saw that astral bodies
are genderless, infinite
beings, and have no gender
whatsoever.

Wind 2020-10-23 17:46:40

It only needs to meet the six
steps; it is free to do not
need any steps outside of the
six steps.

Wind 2020-10-23 17:47:33

The third step is to recognize that all your feelings
stem from a desire for control and identification, and then release
them. (2020-10-23 17:48:46)

The thing on top

The sixth step
means that each
release will
bring greater
ease and
pleasure. Note
that it is the
pleasure that
comes from
release.
Pleasure not derived through other
restrictive means
Why emphasize only following six steps?
Because the mind adds many unnecessary steps
based on different limiting beliefs.

The six steps form a straight path.
If you follow the knowledge in your mind, you
are very likely to veer off in another
direction along the way.

Wind 2020-10-23 17:53:00

To ensure that the Liberation Law helps everyone, let us all work
together to keep it pure.

October 23, 2020: The fear of death is the root of
two great desires, all emotions, and thoughts.

A Free Spirit (wxid_dvcb3ye8r59e22) 2020-10-23 17:53:30

@Teacher Feng has been talking about the three major desires, so why
isn't the desire for safety mentioned in the six steps?

What about releasing them?

Wind 2020-10-23 17:53:52

Refer to the way

Lester Levenson (The Sedona Method) 's original text

Mr. Lester said that as long as you continue to release the desire
for identification and control, the fear of death (the desire for
safety/survival) will automatically surface and be released for you.

Minnie 2020-10-23 17:55:01

put thy Way looked at it again and found
that all the questions he wanted to ask were answered

there. (2020-10-23 17:55:08)

Lester: What was it last time? Okay , the first thing we repressed was the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe , and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I am safe and alive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release.

Free Heart 2020-10-23 17:55:42

I understand, thank
you for your guidance, teacher.
(2020-10-23 17:55:46)

Lester: Releasing the desire for identification and control is also a shortcut, compared to releasing all the emotions beneath them. When you no longer want identification and control, all the emotions beneath them leave. But until you release...

Before the fear of death, you still have the desire for recognition and control. The only reason you want everyone's recognition is because it gives you safety and survival. If we don't get recognition, you want to force them to, and that way you'll be safe. That's control. But when you release the desire for recognition and control, all the feelings beneath it leave. What's left is simply the desire for recognition and control, which you release by releasing the fear of death. When you get there, it becomes very easy for the fear of death to surface. You reach a point where it pushes itself up and pushes itself out. You sit there, completely watching it, and it will expel itself. Then you'll laugh, and your mind will shut down . It's a silly joke that plays with your true self, thinking you're limited, but you never are.

Wind 2020-10-23

18:06:25

Don't call him Master

Masters are not needed here.

Together, we will present the original
release process in its purest form to
everyone, or perhaps everyone is a master,
an infinite being.

Vanilla Ice Cream 2020-10-23 18:11:20

The power outage from last night is still ongoing; it's been restored three times, but all attempts failed. Through this process of letting go, I've seen how many plans and arrangements I have , and how vast my "control" is . I've released them , and now I feel very relaxed. I've further realized how blissful and simple letting go is. Like Lester's example, opening your hand causes the pen you're holding to fall naturally — letting go is that simple! Now I can no longer find ...

There's no reason not to release it anymore; I even
feel like I'm releasing it automatically. (Xian
Xiaorong, 2020-10-23 18:18:17)

Sometimes this
desire is hard to understand .
(2020-10-23 18:18:19)

Which one do you feel?

This cannot be analyzed by others.

The desire to survive stems from the

desire for acceptance, and the desire
for acceptance stems from the desire
for control.

In terms of analysis, all three are present.

But at this moment, whichever one
you are more aware of will
surface, and that's the one you
release.

Unleash the

vanilla ice cream you can

perceive more easily 2020-10-23

18:25:04

[Excerpt from Lester Levenson (The Sedona Method) 's 1992 teaching video]

Lester: We're going to talk about release next. How do you do that? It's simple.
You all pick up a pen and hold it tightly in your hand. First, I want you to know
how you hold it tightly in your hand. It's very simple, and we all do it very
well. We also do a good job of holding onto our feelings. Because we do it so
well, we forget that we can just do this (instructor releases the pen to the
ground) , just let it go. That's what we mean when we say "let it go. " The
meaning of "go " is...

Asagao 2020-10-23 18:25:25

@WindLeist was initially exploring when releasing desires and couldn't distinguish between the three major desires. How could he only release control in the first month, know how to release identification in the second month, and release the fear of death in the third month?

Wind 2020-10-23 18:26:32

All emotions stem from the desire for validation and control.

A friend translated Lester Levenson (The Sedona Method) 's audio . it simple

Everyone can take a look.

Wind 2020-10-23 18:28:14

All surface sensations originate from the heavy feelings we call AGFLAP [apathy, sadness, fear, desire, anger]. AGFLAP stems from two: the desire for approval and control, which in turn stem from one: the desire for survival and security. When we let go of our desire for approval or control, we rid ourselves of all AGFLAP and thousands of other feelings. Emptying the subconscious, the mind quiets , and we realize our infinite existence, working with intuition, which comes simply from our essence. This is intuition. All the knowledge we use in our minds is filled with ignorance. Behind this ignorance lies our essence. What we are ignorant of is that everything we do through our minds is finite and can be harmful. Every head has limitations that obscure our infinite existence. So we need a way to remove the motivation for all thinking —feeling. This will quiet the mind, and the mind will never truly be at peace because it is a flawed mechanism for seeking survival , security, approval, and control. As long as the mind is this mechanism, it will never give you the right answers. It will forever lead you to seek the wrong answers, and you will gain fleeting pleasure and long-term suffering. But you must remain simple. You are infinite, all-knowing, all-powerful, and all-present. When we feel our behavior is extremely limited in our minds, put it in a cabinet called the "unconscious" and pretend we never did it. If a limiting thought arises, and we don't like it, we try to put it back in the cabinet. The method is simple, and

the method is easy. Let the feelings surface, [be aware] that they are seeking approval or control, and then let them out. Following these six steps will take several months to clear all your clutter. Afterward, life will become effortless, beautiful, harmonious, almost dreamlike. Everything will happen effortlessly; just put a thought in our calm mind, and it will manifest quickly. So why not do it over the next few months ? Be smart. Remember the KISS theory. We break it down into three parts. Now, "I" am all-knowing, all-powerful, and all- present. Always have been. Always will be.

Wind 2020-10-23 18:29:00

He sensed a desire for approval, control, and security.

In the first month, he only perceived a desire for approval; in the second month, he only perceived a desire for control; and it wasn't until the third month that he perceived a fear of death.

That's why he said that if he had had six steps, he would have reached the finish line much faster.

Lester said, "You now have six steps, so you should be faster than me." If you do it, it's simple. If you don't, it's impossible.

Simple, or impossible or impossible)

It only takes a few weeks, or at most a few months, to release all emotions and desires.

Asagao 2020-10-23 18:36:12

Once you've released what you want, can it all be manifested or changed? (Wind, 2020-10-23 18:36:39)

free

Lester described it as "making what you want happen with just a thought." I haven't yet released my fear of death.

Therefore, it will re-develop some desires for control and identification, but I will immediately release them because I haven't completely eliminated this mechanism, so I haven't completely released my entire mind.

But I'm prepared to do it this way.

The fear of death is the cause of two great desires, all emotions, and thoughts.

Wind 2020-10-23 18:37:57

I haven't fully overcome my fear of death.

Therefore, it will re-develop some desires for control and identification, but I will immediately release them because I haven't completely eliminated this mechanism, so I haven't completely released my entire mind.

But I'm prepared to do it.

The fear of death is the cause of two great desires, all emotions, and thoughts.

As long as the fear of death is not completely dispelled, it will continue to develop, leading to a desire for identification and control. Because people don't really crave freedom, it's difficult for them to be free.

They will stop at an extremely beautiful state, but whether it's a beautiful dream or a nightmare,

you're still in the dream. If you
don't transcend the dream, you'll
fall.

October 23, 2020: Clarifying the key points of the original method

Asagao 2020-10-23 18:42:35

Teacher, it seems you've been here for the past two whole days. Is it because you're controlling yourself, or have your desires temporarily subsided? (2020-10-23 18:43:22)

I'm going to clarify the key points
of this original method one last
time. I'm going to release it
tomorrow or the day after.

So over the next couple of days, I'll be repeating some
things that you've probably heard many times before,
hoping that you can use Lester's later teachings and
original process to guide yourselves.

Guide yourself using six steps

"Once you stop wanting to identify with or control something, all the emotions underlying them leave. But until you release your fear of death, you will still have the desire to identify with and control something."

Let's work together to restore Lester Levenson (The Sedona Method) 's great original method. Don't pay attention to me personally; when you're not heading towards freedom, you're heading towards the world.

Therefore, Lester Levenson (The Sedona Method) said "there is no stop in the six step

Once you're free, there's no need for release.
But before reaching it, people cannot understand freedom.
I live for you, because I am you. (2020-10-23) 18:48:33
Lester Levenson (The
Sedona Method) 's freedom
was also a form of
liberation, wasn't it? They
went up the mountain
without water, so he was
also liberated.

Wind 2020-10-23 18:49:13

omniscience, omnipotent, omnipresent
That was after he had
redeveloped his mind; he
said it took him eighteen
years to return to the
world.
He stared at the television, watching it
intently, until he finally grasped a
feeling; he finally successfully developed
a sense of feeling.
Because the world is all about control and acceptance.
He needs to develop something before he can return to the world.

Wind 2020-10-23 18:53:38

What I'm about to say is what I'm
certain I know; I won't speak of beliefs
or speculations.
I will only say what I know.

I live for you, because I am you. (2020-10-23 18:55:21)

Wind, if the people you deeply love are no longer in this
world, are you able to communicate with them with your current abilities ?
(Wind, 2020-10-23 18:55:30)

I'm saying now that even if I am fortunate enough
to achieve freedom, I will come back and share
what I cannot answer regarding this question.
I'm not continuing to share because I
have any special abilities; I'm doing
this to clarify the method.

Let's work together to restore Lester Levenson (The
Sedona Method) 's great original method, and ignore me
personally. (2020-10-23 18:58:58)

@Wind Last year, I used Lester's first release technique and released three times. The sensations were very intense, but I haven't been able to use it since.

Let's start learning from the beginning again.

Wind 2020-10-23 18:59:47

Let's start learning the original process from the 1992 release law again ; it'll be very simple.

In the second week, feelings will keep emerging, then leave like waves.

But when I pause, a quick glance at the six steps immediately tells me which step I went wrong, and then I release and immediately resume the process.

The process has not changed.

It's just become more straightforward, with fewer steps. I feel like I've been stuck in the six-step process all along.

These six steps form a powerful driving force, allowing the release to continue.

Insights will occur frequently, and you might get carried away by them, but as long as you continue to remind yourself of the six steps, you will continue...

Continued release, reaching even higher peaks.

Wind 2020-10-23 19:05:48

Anything not included in the six steps is unnecessary.
Note that the third step is "all feelings are a desire
to control and identify with, release them." "All
feelings" means all feelings.
You must be feeling this now.
It definitely wants to
control and identify
with you, and you can
definitely release
them.

Susan 2020-10-23 19:08:49

Release can happen
anytime, anywhere? (Wind,
2020-10-23 19:09:09)

This method is very simple
and can be used at any
time. Go through six
steps.
Third, at this moment, do you feel a desire
to control or a desire to accept? Release
them.
The fourth step is to continue
releasing, making it a regular
occurrence. Each time you
release something, your
feelings intensify, and new
feelings emerge.
Is it still a feeling? Of course it is.
Does it still want control and
approval? Of course, and
therefore, you can continue to
release it.
Release again, and your feelings will rise once more.
The emerging feeling is still
the desire to control and
validate you; you can still
release it through processes.
It's that simple.

2020-10-23 Wind Explanation in Six Steps

I am Infinite 2020-10-23 19:14:05

My current tendency to release feelings is a habitual urge to do so whenever I become aware of them. This is a desire to control, and as soon as I become aware of the feeling, I immediately retreat back into myself, suppressing it. My need for control is too strong; this habit, built up over several years, is difficult to break, making release very difficult now. @Wind

Wind 2020-10-23 19:14:16

Step 5

I am Infinite 2020-10-23 19:14:25

I can even clearly feel the subtle process of the sensation immediately receding as soon as I try to control it. Suppression.

It's been too long

Wind 2020-10-23 19:14:48

What you're
describing is a
habit, but habits
are just
accumulated
processes.

The program's underlying
purpose is simply to control and
validate my identity as "infinite"
(2020-10-23 19:15:19).

I know the fifth step, but I still get stuck when I try to use it. It's like I'm trying to release the stuck button and control it.

When it was being controlled, it
still got stuck, completely
releasing the wind. 2020-10-23
19:16:18

Step 6

I am Infinite 2020-10-23 19:16:58

How do I do step
six? (Posted by Feng,
2020-10-23 19:17:16)

Every release brings ease
and joy. (I am Infinite, 2020-10-23
19:17:29)

If nothing is released,
there's definitely no pleasant
breeze. (2020-10-23 19:17:46)

If you remind yourself of this, you will
stop what you are doing now and easily
allow the desire to control what is
emerging.

I am Infinite 2020-10-23 19:17:49

But when I actively seek out pleasure, I can feel it—it's
unbelievable. (Wind, 2020-10-23 19:17:59)

Every effort you make is an
attempt to control me. (2020-10-23
19:19:18)

Even the sense of
pleasure was actually holding back
the wind. (2020-10-23 19:18:26)

The feeling of
pleasure can get
stuck because
you try to
control it.

It seems many people don't know
how to do step five. (I'm on 2020-10-23
19:19:14)

This urge to control my habit is so strong that no matter how I try to
release it, I instinctively try to control it again. I haven't found a specific
way to stop it yet.

Minnie 2020-10-23 19:19:26

Want to control
the release process

(2020-10-23 19:19:48)

Let me share my
experience, which was on
October 23, 2020. 19:19:51
good

Wind 2020-10-23 19:20:21

If you follow the original process, you'll find that the first step is
to "relax as much as possible and focus your attention on..."

"Inner"

Be aware of your feelings in a relaxed
and comfortable state.

The specific usage of step five is
indeed something that is easy to
misunderstand. Because people often find
that...

I can no longer feel the urge to control my feelings.

Thus, when you try to release the control you want to
control, you get stuck indefinitely. (2020-10-23 19:23:18)

right

Especially since there's a
habitual tendency to control even more
serious winds (2020-10-23 19:24:06)

So relax and become aware of your most superficial "desires".

And only perceive it
Once, you only need to be aware of one
"want".

If other feelings are
present, you don't need
to suppress them, but
you also don't need to
consciously focus on
them. When you're stuck,
it's obvious you want to
change it.

Notice that you are exerting force

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Another point is that,
like all feelings, it
cannot be released all
at once. So when I'm
guiding others, I say,
"Do you still want to
change how you feel
right now?" This
allows the desire for
change to be
recognized.

Once
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Release the second time
Until you completely release your

desire to change it, you will

immediately find that this

release process becomes

incredibly powerful. If you only

release a little and suppress the

rest, continuing to try to

control it while trying to

release it...

Then that

unreleased desire

for control will

continue to

operate within

you, and you will

get stuck again

during a certain

attempt to release

it.

This was also the biggest obstacle to my initial ability to continuously release my potential.

I am Infinite 2020-10-23 19:31:25

I realized that my blockage was accumulated over time, and the release methods I used in the past were actually trying to control it, not truly release it.

Going to release

Wind 2020-10-23 19:31:26

In reality, we simply overlooked the fact that its six steps are the only key element during the release process; it's not just a theory.

It's a map that guides you along the way. (I am Infinite, 2020-10-23 19:35:00)

This wasn't mentioned in the previous information. (2020-10-23 19:31:50)

Therefore, to reiterate, the six steps...

The six steps are the only key; it's not just a theory, it's a map that will guide you along the way.

I am Infinite 2020-10-23 19:33:19

The six-step explanation is just a simple statement about getting stuck, which doesn't really mean anything. Furthermore, the explanations in those materials are also wrong.

I was completely misled.

The Book of Abundance is translated as "Dilemma." I feel that every time I grit my teeth and push forward, I can overcome it; this is the dilemma.

Huh? It seems like this isn't a problem, I've never even used this step before [facepalm]

Then this release, accompanied by a desire for control, becomes a habit—a habitual suppression rather than release of energy. (2020-10-23 19:35:40)

Lester: Talk to the workshop instructor, not me who brought you there. Or you can continue to release the feeling of being stuck until you see it.

If you don't release the feeling of being stuck, you let it continue to function, which will cause you to remain stuck. Can you see how simple this is? If you do it, it's really simple.

Wind 2020-10-23 19:36:28

the The " Way" audio series will provide scattered explanations of the six steps.

keep it Simple also has

Beingness also has

get high to Release

also has its share of wind

2020-10-23 19:39:43

My understanding of the six-step process comes from listening to Lester's audio repeatedly over two years.

Even able to recite some

of the passages besides

"the" There are other

audio tracks as well.

get high to The release notes state that if you release for the sake of feeling good, you will automatically stop once you reach that goal .

Wind 2020-10-23 19:57:35 (The following content is mentioned in advance)

The points I just mentioned are scattered explanations about the six steps, which can help everyone to understand them more deeply.

There is also a goal. and winning

When discussing separation , we also discussed goals.

This is a later tutorial, and it can also be translated.

Wind 2020-10-23 19:41:26

Aren't many people confused about the meaning of the first and second steps? The first step is wanting freedom; the second step is deciding on freedom.

If you decide to be free, you won't stop until you reach it.

If you decide only to feel good or achieve a certain material goal, then you'll stop once you get it because what you want, what you decide, will take you there.

In the second week after my release, I watched the six steps and I directly "knew" what the six steps were like and was certain that it could lead people to the end.

Most people in this world cannot do the first two steps. However, they can still use the release process to achieve a very comfortable state.

The desire to change is a form of desire to control. If you really dislike something, you'll want to change it. If you really like something and want to maintain or possess it, that's all about control.

The specific explanation for wanting to control is "you want the world to behave the way you want it to."

The desire for control
is the most
superficial; it is
driven by the desire
for validation.

Why do you want to possess this and
change that? Because you want
recognition.

Why do we crave approval? Because we crave security. You feel that
if others approve of you, you can survive. This desire for security
and survival is the deepest, most fundamental need.

And all feelings are part of the survival process.

The desire for survival and
development leads to a desire
for recognition and control,
which in turn fuels agflap's
development .

Wind 2020-10-23 19:54:50

You should understand all six steps now, right? [Laughs]

from October 23, 2020, did not ask you to resign.

Vanilla ice cream - 2020-10-23 19:50:00

2013 , I quit my rapidly advancing job, deciding to dedicate the rest
of my life to understanding the truth of life and fully living out that truth. I
prioritized this, and I think that's when I decided to be free. Although I 've
only recently encountered Primal Liberation, I've felt rapid progress over the
past seven or eight years. Whenever I come across a suitable path, I quickly
integrate and practice it, constantly surpassing my previous learning and
understanding. I think this "speed and transcendence" is the powerful driving
force behind my decision to be free. "Deciding to be free" is truly important!

Mary Sea 2020-10-23 19:56:42

@VanillaIceCream [Thumbs up] Me too,
even the timing is about the same. (2020-10-23
19:58:11)

There is also a goal. and winning

When discussing separation , we also discussed goals.

This is a post-production
tutorial, and it can also be translated.

(Blank space 2020-10-23 19:59:49)

@MarieHai After 2012 , some people wanted to awaken.

Chloé 2020-10-23 20:00:25

I'm

thinking of
quitting my
job, but I
have no
income and
I don't
know what
to do.

Lester suggested releasing stress at work rather than long-term isolation, suggesting a short-term quarantine instead. Is that right?

Wind 2020-10-23 20:02:16

If you act by escaping, you suppress those feelings deep within, and those become your karma, driving you to break free from alienation. Therefore, there are no obstacles in action itself; the obstacle is identifying with the limited body and mind, identifying with the ego. If you try not to act, you won't succeed because your karma is currently driving you to act. So, if you try not to act, you won't succeed; whatever your karma is, you will act. Therefore, trying to do nothing is useless; only release is useful. Only release will give you all the paths; the faster you act, the faster it comes. Therefore, action is less of an obstacle and more of a true help, because when you act, you are pushed by your feelings, and those feelings...

When you take action, it brings even more feelings, allowing you to release all those feelings.

So you have to do it in this world, you have to do it through action; you can't do it in isolation. When you isolate yourself, you're just running away.

Vanilla ice cream -

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I didn't intend to go into seclusion, but it happened automatically.

I don't necessarily have to try to control myself and isolate myself from the world.

2020-10-23 20:04:51

Having just overcome my financial difficulties in the previous phase, I've achieved a deeper level of financial liberation and gained...

I gained a decent degree of freedom. But as soon as I encountered the Release Technique, I immediately surpassed the previous level, because I knew that the freedom brought by the Release Technique was true freedom, and it was the freedom I truly desired from the bottom of my heart.

Wind 2020-10-23 20:05:07

Rather, it was driven by a force that caused the isolation to occur automatically.

When I reach a state of continuous release, I can't connect with the world, so I stay in the house to release, that's

all.

Vanilla ice cream - 2020-10-23 20:05:52

For those considering resigning, I suggest taking some time to relax first. When the time comes, you'll know the answer yourself.

(2020-10-23 20:06:41)

The six steps did
not require you to
resign or
quarantine.

It just tells you to keep releasing.

As you continue to release
these signals, isolation
will automatically occur,
and you will reach a state
where you no longer need to
work.

Chloé 2020-10-23 20:07:43

This job is incredibly restrictive; it doesn't allow me to do what I want, or even say what I want. It's truly disgusting. (2020-10-23 20:07:56)

These are all feelings

Vanilla ice cream - 2020-10-23 20:08:07

Because denying me the truth about freedom would be more painful than death. (2020-10-23 20:08:08)

It's a good thing that you
have the opportunity to
release these limitations
when feelings arise.

Vanilla ice cream - 2020-10-23 20:08:50

Yes, you can't fool yourself; you can only face yourself!

By letting go, you'll see the truth behind your desire to quit your job. Once you've let go, you'll naturally know what to do next. Now is the perfect time to let go.

New Thoughts 2020-10-23 20:11:36

@Feng often struggles to concentrate on work and release stress, only able to do so alone in bed at night. But is it actually possible to release stress even in a noisy environment?

Mary Sea 2020-10-23 20:11:40

@Chloë • Before making a decision, release all your feelings and desires about it, and you will make the decision that is best for you, possibly better than you think.

Wind 2020-10-23 20:11:44

Yes

Sustained release doesn't
require a quiet environment
because your world is merely a
projection of your thoughts.

You can't change the cause by doing
something about the outcome. If you
feel noisy, it's just a feeling.

You return to step three, releasing your
current feelings of wanting control and
identification. This may feel difficult at
first.

So you can make use of all the time that doesn't
require mental work. When you do this, the
continuous release will generate momentum.

It will make your release
increasingly easier, allowing
you to release even while
doing things.

If you continue to release yourself,
you'll find that you no longer need to
do anything because you're no longer
creating that image.

You no longer create the scenario of "I need to work".

Yuanyuan 2020-10-23 20:14:54

@Feng , when I see a very touching or loving scene, I feel very
emotional and want to cry. Is this a sign that I want to control myself or that I
want to gain approval?

Mary Sea 2020-10-23 20:15:32

When I searched for this word in
NetEase Youdao Dictionary, the example
sentences that came up were actually
"Six Steps to Freedom".

Wind 2020-10-23 20:15:42

I found this
before, what do
you think?

If you want to maintain that good feeling, then you want to control it.
If you're particularly excited and want to share
it with others, it means you crave validation.

In any given event, various basic desires will arise.

Vanilla ice cream - 2020-10-23 20:19:16

As the saying goes, a structure operates by releasing, not by making money. The same principle applies to work. Examine whether your reason for wanting to quit is truly a desire for freedom, or something else entirely.

By releasing, we can operate our current work; by releasing, we can obtain a better job; by releasing, we can make ourselves not need to work. — "These are all possible, as long as they are what we truly want in the present moment. They can all be achieved through release, rather than escaping, suppressing, or controlling these 'desires'."

Zhang Fei, 2020-10-23 20:25:54

Lester once said that by consistently focusing on asking yourself "What am I?", you can achieve ultimate freedom in a few months. This is 早an initial teaching, but later it was found that students did not make much progress with this method.

Wind 2020-10-23 20:26:26

Well, he found that simply having students meditate, having them meditate with questions in mind, wasn't making much progress. He discovered that one release meditation session was equivalent to several months of meditation.

It only takes less than a minute to release.

Mary Sea 2020-10-23 20:27:04

@Zhang Fei? This method is a traditional Indian teaching;
Ramana Mahasattva teaches this method of inquiring into one's own nature.
(2020-10-23 20:27:12)

After that, he was only taught
the release method he had
invented. Before that, he
didn't have his own method.
Just guiding students in meditation

Mary Sea 2020-10-23 20:27:52

This method requires a very high level of root ability.
It's about the yearning for freedom and how uninterested one is in this
world.
Those who can achieve freedom through this method are basically just
one step away from success.
Other alternatives, such as seeking release, are also acceptable. The
threshold for this is not that high, and it's suitable for modern
people. [Prosperous]

[Firewood][Wang Chai]

Wind 2020-10-23 20:31:35

The release is also very quick; it's not a matter of settling for
second best.
Ramana Mahasa's "Who Am I?" and Yogananda's Kriya Yoga 景 Lester
both recommended it, but later he only recommended the release
method.

Luo Wanyu 2020-10-23 20:34:47

I can't distinguish between
acceptance and control. Let me
first release the current
control I'm under.

Fengchi 2020-10-23 20:35:35

@Wind ? Same
question about resisting
the wind 2020-10-23
20:35:48

If you want to change, you want to control.
Sometimes you'll feel yourself resisting
someone because you want to be accepted;
you'll become clearly aware of these
things.

Huixuan 2020-10-23 20:37:24

Does liking someone mean
wanting to agree with them?

(2020-10-23 20:38:03)

All three desires

Wanting to possess is wanting to control;
wanting to be liked by the other person is wanting to be
recognized. (Huixuan, 2020-10-23 20:38:36)

Is it
simultaneously resisting the
wind? (2020-10-23 20:38:37)

They all stem from
the desire to
survive; resistance
is a manifestation
of emotion.

Wind 2020-10-23 20:39:57

Great, this meets step
six. (Aimi, 2020-10-23 20:41:25)

I tell myself to be free, but my right spine resists. I want freedom,
but my body doesn't. How can this be?

What's going on?

Wind 2020-10-23 20:41:54

Needless to say
The decision to be free is not a prayer, nor is it a psychological
suggestion.

The decision
is the decision. (Marie
Hay , 2020-10-23)
20:42:27

@Wind? I 早 used to try to achieve liberation through Kriya Yoga
because of Lester's teachings, and I also tried to understand my true nature, but
it didn't work. Now it seems that the liberation method is more suitable for me.
It's fate.
Wind 2020-10-23 20:42:29

It's like you've decided to walk
from your seat to the door. (Aimi, 2020-10-23
20:42:30)

Um
Wind 2020-10-23 20:42:51

Once you've made up
your mind, you'll go make vanilla
ice cream right away. (2020-10-23
20:43:23)

In fact, money is a wonderful topic for self-liberation. Don't avoid,
suppress, or control your desire for money. As long as you release it correctly,
you will not only gain more inner freedom, but also more freedom to use money.
Ai Mi 2020-10-23 20:45:44

I felt a resistance in
my right back. (Posted on 2020-10-23
20:46:13)

@Wind? Do these two
questions mean the same thing? Wind
2020-10-23 20:46:36

These are two question formats used in the course.
Stir up
arouse
come from

Wuxin 2020-10-23 20:47:00

My understanding is: A
feeling behind the wind (2020-10-23
20:47:01)

From
Wuxin 2020-10-23 20:47:15

One before feeling
Control arises from sensation, not
sensation arises from control. (2020-10-23
20:48:48)

You can choose any of the questions, because they do indeed appear in the course, but the feeling comes from control and identification.

This is what Lester

Levenson (The Sedona Method)

has repeatedly stated. (Aimi,

2020-10-23 20:50:20)

come from

Wuxin 2020-10-23 20:50:28

I'm trying to find the control or acceptance behind my feelings. Is this the right thing to do? (Feng,

2020-10-23 20:50:44)

No need to look

Observe your feelings, and you will immediately become aware of them.

OTHERNESS 2020-10-23 20:51:05

Here's a release I just experienced: I was having dinner with my daughter. There were two shrimp in a shrimp salad. My daughter ate one, and I wanted the other. But I felt I should leave it for her since she liked it; however, I also wanted some for myself.

I became aware of the energy I felt I wanted to eat, and that energy instantly transformed into saliva in my mouth. Then I felt something in my brain (perhaps the desire) subside, and I no longer wanted to eat. Before I even started asking my question, that energy was gone.

Wuxin 2020-10-23 20:51:08

I can easily
judge this . (2020-10-23
20:51:19)

Then you can use this.

Because it is actually the same

Lester's comment, "Recognizing that your feelings stem from a desire to control or a desire to identify," was posted on 2020-10-23 at 20:52:32.

Now I can tell whether it's control or agreement; before, it took me ages to figure it out. (Hong, 2020-10-23 20:53:32)

I've wanted to quit my job for five years, but I still haven't. It's so frustrating! [Facepalm] (Posted 2020-10-23 20:54:03)

That's great! You've made some progress today. Thank you ! (2020-10-23 20:54:04)

"The method is simple and easy. Let the feelings surface, [become aware] that they are craving approval or control , and then let them go. Following these six steps will take several months to clear out all your garbage."

——Lester

Levenson (The Sedona
Method) hon 2020-10-23
20:56:11

Hesitation and indecisiveness,
along with anxieties about gains and losses,
all stem from a desire to control oneself.
(2020-10-23 20:56:37)

Using force is
about control;
not using
force is about
acceptance.

Wind 2020-10-23 20:57:20

This is Lester's
explanation of the
release method; it

really is just this.

Ai Mi 2020-10-23 20:57:47

@Wind ? My question is: Is the inability to
perceive feelings a form of identification or control?

(Wind, 2020-10-23 20:58:15)

Are you able to
release your emotions? (Marie
Hay, 2020-10-23 20:58:15)

@IamInfinite @Wind ??Should we add "Did you feel more relaxed and
happy?" to the original process I just posted?

This question

Mary Sea 2020-10-23 20:58:30

I just
remembered Ai Mi 2020-10-23
20:58:45

Not good yet

Wind 2020-10-23 20:58:58

Let's start by
releasing our emotions. (Ai Mi,
2020-10-23 20:59:18)

Or sit quietly and release your feelings

OK

Wind 2020-10-23 20:59:47

This question was actually added after I experienced the six-step process; it wasn't part of the course. (Marie Hay 2020-10-23 20:59:52)

Yesterday, Teacher Feng said that this question can be used to check whether we have truly released what was not in the course, and whether we can add it now.

Wind 2020-10-23 21:00:24

I added this because it makes step six easier.

But don't take my words as the standard;

take the course and Lester Levenson (The Sedona Method) 's teachings as the standard. (2020-10-23 21:02:16)

However, the sixth step in the six-step process cannot be ignored. (2020-10-23 21:02:27)

right

Wind 2020-10-23 21:02:56

The method I provided for this step, based on my own experience, is for reference only.

I was on October 23, 2020. 21:03:40

Yesterday, I released some of my urge to control my dad, and it was easy and pleasurable. But later, I couldn't release it anymore; I kept getting stuck, and the urge to control him suddenly came back.

Wind 2020-10-23 21:04:39

However, if I make an addition, others will follow suit, which gradually damages the original stream.

Procedure

Therefore, maintain purity

Even if it's something I use, I don't recommend adding it to the original workflow.

I was on October 23, 2020. 21:06:49

[powerful]

Wind 2020-10-23 21:07:15

6. Each time you use the Method, you are lighter and happier. If you release continually, you'll be continually lighter and happier.

Step 6: With each release, you become more relaxed and happier. If you continue to release, you will become increasingly relaxed and happier.

Wind 2020-10-23 21:07:20

to use this
instead of the
question I
asked .

2020-10-23 As long as you completely let go, a single
thought will proceed as you desire.

Wind 2020-10-23 21:13:47

Once you completely let go, a thought will proceed as you desire.

2020-10-23 21:13:53

This
understanding is correct
. (2020-10-23 21:13:56)

This applies to
everything
without
exception.

I was on October 23, 2020. 21:14:47

If you really want to release
all that money, why bother making money
through stocks ? (2020-10-23 21:14:55)

But if your goal is money, you probably
wouldn't want to trade stocks. However,
I've tried controlling the stock market
once, and I've experienced it.

I don't have a single
penny in the stock
market; I'm just
testing this principle
for fun.

The stock market followed my
plan for two days until I
let it go.

Wind 2020-10-23 21:16:46

In addition, there is traffic flow.

Everything, once you've completely let go of it,
you will be free. (Little Sun, 2020-10-23 21:17:23)

Is it possible to express the desire to get good grades on an
upcoming exam? Is it possible to release the underlying need for control and
validation behind this desire to do well, and then things will happen?

Wind 2020-10-23 21:17:35

The meaning of freedom is "a mere thought and it
"happened" Huixuan 2020-10-23 21:17:53

@Wind? Can I get money back
from someone who owes me money? Wind
2020-10-23 21:17:57

Yes

get everything and anything by releasing only

This was the

guidance Lester

gave; he also had

one more sentence.

every impossible, no matter how impossible, become immediately a possible as you completely released on it

Every impossibility, no matter how impossible, will immediately become real once you fully unleash your potential upon it.

possible

Wind 2020-10-23 21:21:03

Examine it in every single thing.

From small things to big things, everything is achieved through release.

This is also a powerful guideline for implementing the six steps given by Lester Levenson (The Sedona Method) .

Wind 2020-10-23 21:23:49

Yes, release all your feelings about it.

Wind 2020-10-23 21:25:20

This teaching on
releasing all
feelings about it is
in the inside the way

Beautiful Life 2020-10-23 21:27:31

@Wind? After releasing it, doesn't the thought of wanting
it again arise? Otherwise, how can you achieve what you want? Wind
2020-10-23 21:27:36

You can take a look.

Wind 2020-10-23 21:30:13

Lester: I'm not going to give you any more guidance right now. I've already
given you so much, how do you feel? How have you felt about what I've given you
so far? This is key. The first is wanting freedom more than wanting the world.
The second is getting all the joy from within yourself through release. The next
is making the decision to be free and doing it. The next one is directly
releasing the fear of death—this is the hardest one for you because you feel
that if you release, you will die. The next one is to get everything you want
simply by releasing right now. I think this is my favorite one. From a practical
point of view, it will bring you more than the other guidance, do you know why?
You will release in every moment. Because your wanting has been overloaded,
wanting, wanting. How successful have you been in this? Getting everything you
want simply by releasing right now? Does this work for any of you? Anything you
want right now, you release it, let it enter your experience. Who has
experienced getting everything they want simply by releasing? Anyone?
Everything! Everything means everything. What are you trying to say?

Wind 2020-10-23 21:32:04

Lester: Release the bad parts, and it will remain forever. Or, release one thing:

the fear of death, and that will take care of everything. Just one thing! There's only one thing you need to release!? The fear of death. Why don't you do it ? You can find yourself omniscient and omnipotent, you can have anything you want, through an effortless thought. You can materialize things, you can dematerialize things, you can teleport, you can talk about the past, or say anything you want .

Wind 2020-10-23 21:32:36

Yes, that's the way it is

Wind 2020-10-23 21:36:42

Don't limit this method, everyone!

Use it to its fullest potential!

I'm going to unleash my full

potential now, keep it up!

Wind 2020-10-23 21:40:09

If you still don't understand the six steps and methods, then I'm going into seclusion.

Wind 2020-10-23 21:41:14

Tomorrow I'll guide a few more friends who promised to do so.

October 23, 2020 The only thing holding you back from being free is not wanting it.

Minnie 2020-10-23 21:42:04

Will my children and family
affect my pursuit of freedom ? (2020-10-23
21:42:07)

Won't

As Lester said, the only thing that doesn't
make you free is that you don't want it.
That's the only thing that doesn't make you
free.

Minnie 2020-10-23 21:44:00

How should this sentence be understood? Through
the release of knowledge, one will know how to make money .
(2020-10-23 21:45:59)

If you can directly obtain abundance,
what do you need to do first? (Marie Hay,
2020-10-23 21:46:45)

Everyone should really watch the instructional videos from 1992
carefully and follow the instructors' guidance when doing the
exercises.

Wind 2020-10-23 21:46:50

@I am the group admin of Infinite, is there
anything else I need to explain or contribute? Mary Sea
2020-10-23 21:46:54

I just followed
the instructions and it worked
! (2020-10-23 21:46:57)

If not, I plan to go into
seclusion tomorrow. (I am Infinite,
2020-10-23 21:48:23)

@Wind The key is that I don't have much successful experience with
releasing it yet. I've almost cleared up my doubts, and I still want to
ask...

Unable to get an answer

Wind 2020-10-23 21:49:39

Yes, you can follow
the curriculum; it's

a curriculum
designed by Lester.

I am Infinite 2020-10-23 21:50:08

If a feeling arises, clearly some kind of energy, but you don't know what it is, what does this mean ? (2020-10-23 21:51:03)

You mean you can't identify it? (Wind, 2020-10-23 21:51:41)

Lester: No, you're confusing me now. So now you're going down, down to the release of elementary school form. I'm trying to keep you at the graduate level. I'm taking you out of middle school, high school, college, and then putting you at the graduate level. Release the feeling of being stuck, see how much you want to change those things—like I told you.

Simply release the stuck feeling, or even the vague feeling—you might not even be able to see it because you're trying to escape it, or at least try to change this vague feeling—whatever it is. Once it's gone, you'll have the ability to re-enter the fear of death.

I am Infinite 2020-10-23 21:52:07

It's like something I can't quite make out, but it also feels like there's no need to make out anything, and I can't sense anything behind this feeling, it's just...

It popped up

Wind 2020-10-23 21:52:07

When you release your desire to change a
vague feeling, it becomes clear.

Every feeling we experience in the
present moment is a desire to control
and identify with; if we cannot clearly
identify it, it remains a vague and
unclear feeling.

Release your desire to change it, and it becomes clear.

Once you become clearer, you'll be able to perceive
whether your current feelings are a desire to control
or a desire to acknowledge them, and then you can
continue to release them.

I am Infinite 2020-10-23 21:54:02

I just tried to release what I was trying to control, and suddenly
things became clearer; I realized it felt a bit like being hungry. But I had just
finished dinner.

If I only become aware that the feeling is becoming clearer, but I
still can't discern whether it's a desire to control or a desire to be recognized,
does that mean it's not clear enough?

Wind 2020-10-23 21:55:09

Yes

As long as things are unclear, there will be a desire to control them.
The solutions for any issues that
may arise during the release process
are all covered in the six steps, so
do not use any methods outside of
the six steps.

The third step is to become aware that all
feelings are attempts to control and identify with
them, and to release them. If you can't do this
step, then you're stuck.

Apply step 5

I am Infinite 2020-10-23 21:58:16

Am I driven by a desire for control and validation,
or does it simply crave control and validation ? (2020-10-23
21:58:33)

The inability to
consistently release
tension stems from being
trapped by the desire to
control and conform.

The instructor said in the course, "When your feelings arise, don't suppress them, but focus more on what you want."

In other words, during the release, you allow feelings to surface, but become more aware of your "desires"—this is the third step of the six steps.

Be aware that all feelings are driven by a desire to control and identify with them, and release them.

October 23, 2020: Hunger is a physical sensation; this is actually already an expression of...

I was on October 23, 2020. 22:01:45

I suddenly realized that the feeling of hunger is simply wanting to eat. I suddenly had a strong urge to eat .

I'm starting to realize it. But this feeling is very strong, it keeps surfacing in my mind. Could it be caused by suppressing my hunger in the past?

Wind 2020-10-23 22:02:11

Hunger is a physical sensation, which actually expresses a result.

Once you release the urge to control,
you can turn off the feeling of hunger at any time
. (2020-10-23 22:03:01)

The thing is, I just finished eating, and
I don't know why this thought suddenly popped into my
head. (2020-10-23 22:03:23)

Yes, note that you need to control and then release the anger, and it
will dissipate.

Again , bodily sensations are a result, which is already expressed.

Therefore, I've noticed that many people release
bodily sensations, but this isn't true release. (2020-10-23
22:04:35)

The release method releases the feeling , the emotion, and the reason
that drives the emotion—the desire.

Once you release these causal aspects, the result-oriented aspects
of bodily sensations will change. If you focus on releasing the
result—on bodily sensations—you will encounter many difficulties.

Because you can't change your
posture by smashing the person in the mirror .
(2020-10-23 22:09:01)

I've realized that this feeling of hunger was probably something I
had suppressed before. Then, because I released some of the urge to control
it, it automatically surfaced and expressed itself. So, if the body is used to
suppressing feelings, it's also possible to release that urge to control it
and let it surface.

Wind 2020-10-23 22:09:28

will be many painful
physical sensations.

When you release your fear of death, it will bring out...

However, the focus is not on releasing bodily sensations, but on your
emotions and basic desires related to them.

Wind 2020-10-23 22:11:10

Student: Once when I was doing a release therapy for my fear of death, I
experienced some very heavy physical pain, so I must have done something wrong,
but it took me a long time to get it right.

Lester: You didn't release it; instead, you expressed it in your body, and

you're leading your body toward death. Pain points to death. So, you didn't release it; you just let it manifest in your body.

Wind 2020-10-23 22:11:14

@I am Infinite? Take a look at this.

Pain is actually the result of the body expressing the fear of death.

In other words, if you suppress your fear of death, it will manifest in your body and cause suffering.

Body sensation

I was on October 23, 2020. 22:12:12

right

Wind 2020-10-23 22:12:24

But if you release your fear of death, it will dissipate.

Anything else

Therefore, do not do anything outside of the six steps.

Aside from the desire for control and validation, and the subsequent fear of death, you don't need to release...

Because everything is the result of those three.

If you
want to
change
the
pain,
release
the
desire
to
change
(control
)—this
is the
third
step.

If you are
aware of the
fear of death,
then release
the fear of
death. If you
are aware of
the urge to
identify, then
release the
urge to
identify.

The six steps are very simple and easy.

You don't need to suppress your bodily sensations, nor do you need to consciously perceive them.

If you experience physical pain, you should pay attention to your emotions and desires related to it at that moment.

I was on October 23, 2020. 22:18:35

I've discovered I'm able to release what I wanted to control. The previous state of extreme control is starting to relax. (2020-10-23 22:18:48)

If I were to release myself, would I replace "Can you make him leave?" with "Can I make him leave?" (2020-10-23 22:19:01)

You can change it like this. (2020-10-23 22:21:15)

You've been talking about it for a month, but I only truly grasped the original release method you mentioned today. @Wind Yan 2020-10-23 22:21:31

I understand now. The key isn't the physical sensations, but rather releasing the underlying emotions and desires. No wonder I felt hungry immediately after releasing my fear of death this afternoon. [Grinning face] I was on October 23, 2020. 22:21:57

I only knew before, but my past habits kept interfering. It wasn't until today that everything became clear. (2020-10-23 22:21:57)

There are many scattered theoretical foundations in Lester Audio.

But ultimately it all boils down to six steps. (2020-10-23 22:22:34)

@Qingfeng now usually just kicks directly, no longer trying to control. Beautiful Life 2020-10-23 22:22:34

@Wind? It's hard to release the physical pain. Could you elaborate? Wind 2020-10-23 22:22:37

However, focusing solely on the six steps can easily lead to the misconception that releasing bodily pain is unnecessary.

It is a result

If you release the desire to control it

Wuxin 2020-10-23 22:23:19

The fear of death usually won't emerge until
the release of identification and control is complete.

(Feng, 2020-10-23 22:23:27)

It will be
corrected soon . (2020-10-23
22:23:48)

Yes, I'll occasionally
appear, but not often. (2020-10-23
22:24:08)

I've found that when I release the urge to control my body from pain, I
immediately begin to relax.

October 23, 2020, Feng clearly saw six steps that could
lead to the destination during his seclusion.

Wind 2020-10-23 22:24:18

Before I went into seclusion, I wasn't entirely clear about the six
steps.

However, during my retreat, the six steps
guided me through a long and beautiful journey through
life. (2020-10-23 21:24:41)

If the wind releases its control, will the illness disappear
automatically?

Wind 2020-10-23 22:24:44

I could clearly see that it could lead to the end.
Once all psychological feelings about it are
released, they will not be expressed
physically. Pain is the result of the fear of
death being expressed in the body.

I am Infinite 2020-10-23 22:25:50

The advanced version of Ban Lester says that you can directly release
the fear of death by simply continuously releasing the "death fear" effect , is
that correct? @Wind

Wind 2020-10-23 22:06:02

Use six steps
This is the original release method.
This should be considered
the true release of Dharma spirit.
(2020-10-23 22:26:41)

Adding the word "original" is simply to

distinguish it from many other methods of haphazard modification. (Beautiful Life, 2020-10-23 22:26:53)

@Wind, does releasing the feeling of hunger mean you don't need to eat? Wind 2020-10-23 22:26:59

Yes, but there's a prerequisite: you need to release enough of the desire to control and acknowledge that what you're releasing isn't the feeling of hunger.

Hunger is a physical sensation; it's already a result. (Vanilla Ice Cream, 2020-10-23 22:28:03)

After reading the conversation between Feng and the group leader, I gained a deeper understanding of Lester's words, such as "You are not the body" and "Identifying with the body is being limited." The body is merely an expression of the mind's creative results; it is simply a creation. Through release, the body, like the external environment, can undergo tremendous changes at any time. Wind 2020-10-23 22:28:14

You need to release its cause, the psychological feelings—and the desire to control and identify with them—and the "fear of death" that drives this desire to control and identify.

The desire to live is the fear
of death; the fear of death is
a word Lester frequently uses.

Wuxin 2020-10-23 22:29:08

After learning the release method, if you want to start releasing, where do you begin? Should you start by releasing something that makes you feel you need to change next, such as money, or something like changing your nearsightedness, or should you directly enter into continuous release?

Wind 2020-10-23 22:29:35

Therefore, you only need
to release three things;
you don't need to do
anything beyond the "six
steps." Start releasing
from your current
feelings.

This is the third step.

If you really want money right now, and this feeling
is very strong, then you can let go of the fact that
eating isn't essential.

I remember during the first week of release, each
release brought a huge surge of energy. Later on, I not
only didn't need to sleep, but I also only needed one
meal a day.

By the second week, no more food was needed.

I even need to run a lap on the overpass every day
to burn off all this pent-up energy. Why are you
asking me about what will happen after I'm free? I
don't know.

I only started eating again
in the last few days. (2020-10-23
22:35:12)

What are the specific feelings associated with the desire to control?
For example, I just became aware that I wanted to release, and this desire is the
same as the desire to control. Do I no longer need to be aware of it? @Wind
Wind 2020-10-23 22:35:33

Have you released it?

After becoming aware
of it, did you release it? (I am
Infinite, 2020-10-23 22:35:59)

No, upon noticing, it seemed to
have automatically retreated. (2020-10-23

22:36:08)

That means it's stuck.

Releasing it stops it, which means it's stuck.

You want to release, but the release
stops; this is called being stuck . (2020-10-23
22:36:49)

Today is always like this,
very little wind is successfully
released. 2020-10-23 22:37:10

That means the "desire for control"
has emerged, and it's time to
release it.

The more stuck you are, the more you need to release it.

This allows you to break free
from the stuck process. First,
allow yourself to become aware
of the feeling of being stuck,
and then become aware of your
desire to change it.

Easily allow yourself to
become aware of your desire to
change, and then it
dissipates.

Reflect on how you feel now. If you're still stuck, continue to allow
yourself to be aware of it, and then become aware of your desire to change it.

It will not appear again

Then, if they want to change, they will continue to leave.

Because so much has been suppressed, it needs to be released continuously.

However, if you continuously release the blockage and want to change things, releasing it completely, the stuck program will disappear entirely.

In most cases, the subsequent release will be very smooth and will no longer get stuck. Doesn't that sound great?

The program might get stuck once or twice more, because some of the stuck programs are deeply repressed.

As it was on October 23, 2020 22:42:05

@Wind , when you said you wanted to change, did you mean you wanted to change the idea of releasing (the idea that caused the card)?

Wind 2020-10-23 22:42:20

But it will no longer be the norm—not an idea, but a tendency to "want."

I am Infinite 2020-10-23 22:43:22

The desire to control is also a tendency; recognizing this tendency and releasing it is releasing the desire to control? (Wind, 2020-10-23 22:43:48)

Yes

Wants are merely a tendency. Why are they so easily detected?

Because they are simply a predisposition.

That's why I've been trying to use the word "want" instead of "desire" when I'm facilitating lately.

Our minds have imbued desires with too many conceptual things, some of which are moral in nature.

It sounds like something you need to analyze.

But the "want" in the release method only indicates a tendency.

I am Infinite 2020-10-23 22:47:10

This is so important. I've been confused
about what it means to want to control something.

Grateful for everything. 2020-10-23 22:47:36

I feel like life is all about wanting
validation and control; there's just too much of that.
(2020-10-23 22:47:39)

It's about what you want
to do right now; your
inclination towards the
world is to want control
and recognition.

Wanting to control
and gain approval = the world, I
am infinite. (2020-10-23
22:48:03)

There's a spontaneous force driving
this tendency, right? [Laughing] Wind 2020-10-23
22:48:23

Yes, the reason for feeling,
the tendency that drives
feeling, is "wanting".

Lester

Levenson (The Sedona
Method) also felt it was
unintentional. (2020-10-23
22:48:51)

The first step in the six steps is to ask about your feelings. Are these feelings followed by desires?

Wind 2020-10-23 22:49:16

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally sounded. Because it didn't seem to make any real sense to people, we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to...

This world.

Wuxin 2020-10-23 22:49:39

If there are no feelings involved, can desire be released directly? (Wind, 2020-10-23 22:50:21)

No feeling means your feelings are vague and unclear. (2020-10-23 22:50:58)

Feelings are inevitably linked to desires. I am infinite. 2020-10-23 22:51:10

I realized that I used to be trying to control this word, and only now am I noticing that. What I really need to do is become aware of my own desires and tendencies.

Wind 2020-10-23 22:51:19

It's not continuous; as long as there's a feeling, there will be a tendency because without "wanting," there will be no feeling.

These fundamental concepts may not have been clearly explained before, so I also went through some detours. The idea that "inclination" is something Lester mentioned in an audio recording.

Basic Tendency = Desire to control and validate myself. (2020-10-23 22:54:04)

After this concept was clarified, I realized how much more liberating it was. I had just released a feeling of wanting to control something that I no longer had.

[Smiling]

I noticed it immediately, without having to search around.

Chloë • 2020-10-23 22:55:41

I thought I had released myself
to the point of feeling nothing,
but it turns out that not
feeling anything is just that
your feelings are vague and
unclear.

Wind 2020-10-23 22:56:07

It's not about releasing until you feel nothing.
Because if you truly feel nothing, your
experience will be incredibly beautiful—a
constant feeling of oneness, a surge of
pure love, because your infinite existence
is just that wonderful.
If you don't experience this wonderful feeling,
it means you're still suppressing a lot of
emotions. You're simply suppressing them,
running away from feeling them, rather than
releasing them.

OTHERNESS 2020-10-23 22:56:01

For many things you don't want to change, should you release yourself and
stay where you are? Or should you release yourself and accept laziness ?

wind

Wind 2020-10-23 22:58:21

Release those feelings
that are holding you
back; feel them now.

Many people will ignore it even if they listen to the recording.

These correspond to

I've heard it countless times, I can practically recite all of Lester's teachings, and it suddenly came to mind when I was putting it into practice.

After applying the six steps, the path unfolded before me, becoming crystal clear.

Therefore, regarding the issue of the release method, I am confident that I can now explain it clearly.

As it was on October 23, 2020 23:03:28

Find the inclination, observe it, ask if it can leave? Is that liberation? (Wind, 2020-10-23 23:04:04)

Once you become aware of it, you'll naturally have a tendency to let it go. (2020-10-23 23:04:11)

Before I even had a chance to ask Fangfei (2020-10-23 23:04:12)

Teacher Feng, the six steps only mention "the desire for control and recognition," without mentioning the desire to survive. This third step...

A wish !

Wind 2020-10-23 23:04:14

It left.

This will appear automatically, so there's no need to explicitly add it to the steps.

Lester mentioned this in "The Way".

Vanilla Ice Cream 2020-10-23 23:04:58

Actually, about a week ago (around the 15th) , after watching Theway 1 and 6 for the first time , I focused on releasing the word "want." I truly "knew" that "wanting is lacking, being limited." Unfortunately, I was at my hometown and had a lot to do, so this release only happened before bed and after waking up. But this release was very important to me, making my subsequent releases much smoother. I want to continue releasing "want" whenever I have the chance.

Asagao 2020-10-23 23:05:19

@Wind, has the amount you've released in the last two weeks exceeded what you've released in the last two years? It's not a matter of quantity.

It's a problem of inertia.

Release is like a runway for an airplane; if you keep running and stopping, you'll never take off. Only by sprinting forward can you accelerate to the point where you can fly.

Qingxi 2020-10-23 23:07:21

@Wind simply sensed the desire to release this tendency directly.

Is it feasible to operate without realizing whether the motivation stems from a desire for approval or a desire for control? If not, why? (Wind, 2020-10-23 23:07:45)

Only when you are clearly aware can you release.

When it surfaces, you'll immediately become aware of it and then have a natural inclination to let it go.

Yitian 2020-10-23 23:11:49

@Wind, the key to releasing energy is still the ability to perceive, right? Wind 2020-10-23 23:11:57

It's not a process.

No matter how good your awareness is, as long as you are aware of other things when you should be releasing what you want to control during the process,

You will get stuck.

Asagao 2020-10-23 23:13:48

@Wind , how do you release the fear of money, the feeling of not having money, and the fear of spending money when others owe you money, and when you owe others money?

Ming • Kong2020-10-23 23:14:00

Do we usually release feelings and emotions only when they arise, or do we constantly observe and actively ask ourselves about our current feelings and let them flow naturally?

Where's Cheng? @Feng

Wind 2020-10-23 23:15:28

Proactive use of processes

Don't do anything

outside of these six steps.

(Yitian, 2020-10-23 23:16:12)

When you realize you want to control something, do you have to make the decision to let go of that control in order to release it? Or will it leave on its own?

Open? @Wind

Wind 2020-10-23 23:16:15

Release your feelings about this matter.

It has a natural tendency to leave, and often leaves on its own.

However, if you think that simply being

aware of it is enough, you'll get stuck. (Asagao,

2020-10-23 23:16:56)

We need to release things one by one,

one person at a time, right? (2020-10-23 23:17:06)

@Is the goal of the wind release to control tendencies?

Wind 2020-10-23 23:17:15

It's not about releasing one thing at a time, but about releasing one feeling at a time.

Be consciously aware of your feelings, and the

urges they evoke in you to control and identify with them.

(Yitian, 2020-10-23 23:18:09)

That means the key to releasing it is being able to perceive that "wooden eye"? (2020-10-23 23:18:16)

Once you've completed the process,

the key to releasing an emotion or

desire is the process itself.

I can't call it awareness.

Because awareness is something that is easily confused.

What is the difference between releasing someone and watching from the sidelines? (October 23, 2020)

Simplicity is the ultimate sophistication 2020-10-23 23:19:22

@Wind, what's the
difference between releasing and
observing? Wind 2020-10-23 23:19:35

When you're observing from the
sidelines, do you want to control or to agree? (I am
Infinite, 2020-10-23 23:19:59)

Awareness-based release involves recognizing the tendency to
release with the intention of release, and then using a process to release it.
(Simplicity is the ultimate sophistication. 2020-10-23 23:20:27)

Just observing without
participating. @风风2020-10-23
23:20:27

Many people say: I am merely "observing".
It means placing oneself in the position
of an "observer," but this is a
pretense.

Because you are still suppressing your feelings
Those driving forces are
still at work deep inside;
your desire for control
and identification still
drives you.

Simplicity is the ultimate sophistication 2020-10-23 23:21:54

Could you please
explain the essential difference
between the two? (Wind, 2020-10-23
23:22:07)

One is repression, the
other is release . (Yitian,
2020-10-23 23:22:39)

Being aware of "wanting" and feeling
"wanting" are indeed somewhat different . (2020-10-23
23:22:55)

That's not how it is.
What I'm talking about
isn't the semantic
difference, but the
necessity of the process.

Wind 2020-10-23 23:23:10

Rather, it's
about the necessity of the
process ; simplicity is the
ultimate sophistication.
(2020-10-23 23:23:33)

My understanding of observing from
the sidelines is one of natural inaction, but is
there suppression or active influence?
(2020-10-23 23:23:34)

If you don't use this method to become aware of your desires and
let them go, you'll be stuck and unable to achieve non-action.
Lester said there are two kinds of inaction.

One is the lowest state,
utter despair, where one
is completely overwhelmed
and unable to move.

The other, and highest, state is calmness.

That is, everything is perfect, infinite, and nothing needs to be
changed.

If you wanted to deliberately practice inaction or go with the flow,
which would you be?

莱斯特有一句更好的概论

“方法很简单，方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让它们出去。贯彻这个方法的六个步骤，会花几个月的时间来清空你所有的垃圾。”

—莱斯特

Wind 2020-10-23 23:27:18

The key to the release
method is, of course, the continuous
release of wishes. (2020-10-23 23:27:24)

I feel the same way. Is this a
feeling I want to control? @风风2020-10-23
23:27:24

Instead of continuous observation
Be aware of how you are feeling right now.
Then realize that it wants to
control or identify, and then
release it.

Qingxi 2020-10-23 23:30:41

When you become aware of the desire to control or identify, simply be aware of the inclination to want to; there's no need to be aware of what you want to identify with or what you want to control. It doesn't matter what the content you're identifying with or controlling is, right? @Wind
Wind 2020-10-23 23:31:23

Yes

Do you all assume there must be content involved? (Wind,
2020-10-23 23:31:41)

No.

This world was not created in this way.

You first created a mindset; first there was the fear of death, then the desire to control and identify, and only then did the emotion of agflap arise.

Then came

the thought process.
(2020-10-23 23:32:42)

Yes, I've been searching for what I want to identify with? What I want to control? (Wind,
2020-10-23 23:32:43)

Then, thoughts project onto the material world, and the material world is then connected to the content of events.

Therefore, the content of events is the result.

It's not the event that causes the desired tendency, but rather the desire that causes the event.

Want to drive every thought to create the world

Therefore, if you perceive a desire, that's the cause; you don't need to correspond to the event. (Qingxi
2020-10-23 23:35:49)

@Wind, so that's how it is. I was completely going in the wrong direction before. Releasing what you want actually means letting go of the cause, right? Wind 2020-10-23 23:36:07

The root cause is the desire.

I've practiced many types of meditation and different methods emphasizing observation, and they are truly different from the release

method. Using those experiences to manipulate the release process will only create obstacles.

Once you release yourself to the point where you can only feel pure love for this matter, you are free in it. If these feelings are not released, these troubling events will recur.

Because even if you don't look at it, the mechanism of creation still operates subconsciously.

(2020-10-23 23:38:25)

On a side note

The three bodies I saw

In the causal stage, there is no matter; it occurs only when there is "wanting." The reason there is no matter is that thought has not yet arisen.

The moment a thought arises, your astral body takes shape; it is created immediately along with the thought.

In the realm of causes, as long as there is a "want," it is immediately filled with a continuous cycle of wanting and satisfying.

Therefore, it is impossible for ideas to develop and for matter to form.

Matter is merely the condensation of thought;
frozen energy (frozen energy) Qingxi 2020-10-23 23:42:17

I didn't understand this sentence. Could you explain it in detail?
(Wind, 2020-10-23 23:42:24)

Therefore, releasing "desire" truly involves working at the causal level, which directly and powerfully changes all outcomes.

Vanilla ice cream 2020-10-23 23:43:07

Is releasing desire the same as filling a void, and will that calm the mind? (Wind)
2020-10-23 23:43:07

The realm of origination, which Buddhism calls the formless realm, has no physical form; it only contains cause and effect. In the realm of origination, a sense of lack arises and is immediately filled.

The astral realm, on the other hand, generates a sense of lack, develops certain ideas, and then creates things to fill that void.

In the material world, because thought is solidified, creation is delayed, making it impossible for creation to be immediate, thus creating intricate connections.

This leads to the unfulfilled desires being delayed, which in turn directly ends the lack.

Qingxi 2020-10-23 23:46:12

Does "filling" here mean either being filled by thought or being filled through material manifestation? Yes.

Okay?

Wind 2020-10-23 23:46:27

No, it's about releasing all identification with the three bodies and achieving complete mental stillness.

What remains is infinity.

Cause and effect is a continuous process of action and reaction. (Vanilla Ice Cream,

2020-10-23 23:47:34)

@Wind I feel this is a shortcut to release, I will delve deeper into releasing the wind. 2020-10-23 23:47:42

Because you have a basic sense of lack, a tendency to want, it will develop something, and this development will gradually become more complex.

The causal relationship in the causal realm is very simple.

A basic tendency was immediately filled, like a chain reaction.

The causal relationships in the astral realm are slightly more complex; they need to develop into thought, and thought is composed of fragments of images.

(image)

As it was on October 23, 2020 23:49:21

Does wanting to let go mean
the collapse of one's mind? (Wind,
2020-10-23 23:49:21)

Therefore, very subtle
substances are formed in vanilla
ice cream. (2020-10-23 23:49:28)

Once scarcity ceases, abundance
operates effortlessly. (2020-10-23 23:49:29)

Lester said it's a
photon in physics, yes.

Hai 2020-10-23 23:49:48

The world manifests too slowly, making it difficult to see the true
cause and effect, so the mind fabricates stories, resulting in so
many...

A world

Wind 2020-10-23 23:49:54

Yes, the complexity of the material world lies
in the fact that the delay in action and
reaction means you can't see the direct cause.

I am Infinite 2020-10-23 23:50:32

But awakening is faster
in the material world, isn't it?

(2020-10-23 23:50:39)

Therefore, 早Lester also taught a method during this period,
which those who have read *The Ultimate Path to Freedom* will
know: it involves discovering "the thought that created this
event."

Yes

Because of the world's dullness and heaviness, there is a stronger motivation
to pursue freedom.

This driving force is your desire and inclination, but
the key question is which direction you are heading
towards—freedom or the world (restriction)?

Vanilla Ice Cream 2020-10-23 23:52:51

The wind was so refreshing, it made
learning so easy and enjoyable! [Wink] 2020-10-23 23:53:21

Lester早Initially suggested finding the thought in one's
subconscious, letting it surface, and then discarding
it, but later found this didn't work.

This method is too slow.

The best way to release karma is through the practice of karma release.
Releasing control and
identification, releasing the
fear of death, directly releases
the driving force.

This releases thousands upon thousands of thoughts.

This time, after being released
from seclusion, I saw the
complete route; previously, I
only had a theoretical
understanding of it.

These are now relatively clear and certain.

The six steps are not something
that can be changed at will; they
are like the "seven factors of
enlightenment" in Buddhism—a
complete path.

The six steps are the only
thing I need to pay attention
to in the release method; I
still can't completely
disregard my mind.

But I'm not speaking based on any beliefs
or speculations right now; I'm only saying
what I "know."

Speaking only of things that are directly and
definitively known, rather than things understood through some
theory. (Vanilla ice cream, 2020-10-24 00:03:47)

This is a kind of inner certainty.

My goodness, only those who have decided on freedom can talk
so intently for so long, I wonder if there are even 3000
messages . What does it feel like for the people behind you
to climb the stairs? I'm so glad I was immersed in this
place and absorbed everything so well.

wind 2020-10-24 00:10:38

[Chat log between Feng and Yitian]

The Seven Factors of Awareness

This isn't a release method, just take a look.

Vanilla ice cream - 2020-10-24 00:12:13

@Wind, I feel like you have a
photographic memory, right? Wind 2020-10-24
00:12:46

Yes, I have a
photographic memory.
(2020-10-24 00:13:14)

When did you acquire this ability? Was
it after it was released? @风风2020-10-24 00:13:14
No.

Vanilla ice cream - 2020-10-24 00:13:42

It must be innate
Wind 2020-10-24 00:14:03

I have 早a photographic memory.
It must be the result of meditation. I
practiced the Pa Auk Sayadaw method and
reached the second jhana, which cultivated
my concentration and gave me a
photographic memory.
This isn't a great
skill. (Qingxi, 2020-10-24
00:17:19)

@Wind I'd also like to ask, isn't ultimate reality devoid of cause
and effect? Cause and effect still exist within duality, without transcending it,
right? I was confused about this point before .
Wind 2020-10-24 00:17:30

Yes
I am Infinite 2020-10-24 00:17:37

@wind When did you start learning about Zen? Was it 早when you were in
school? How come you became so interested in these things?
Vanilla ice cream - 2020-10-24 00:18:18

I don't have a photographic memory , but I can recall things I didn't
remember before when I need them.
Xihaha is
still enough [grinning face]
Feng 2020-10-24 00:18:31

A Theravada Chan practice
Vanilla ice cream - 2020-10-24 00:20:33

What year did Lester Levenson (The Sedona Method) die? The wind was
in '95 ... but that's beside the point...
24 , 2020 00:28:18

Teacher Feng, is it because I haven't released my emotions enough,
and can only trace them back to AGFLAP, while unable to find the desire to

acknowledge certain emotions (such as greed and guilt) ? Do I need to practice releasing emotional feelings before moving on to acknowledging and controlling them? Or do I need to catch up on Lester's lectures? @Feng

Wind 2020-10-24 00:28:56

Practice

Without experiencing it firsthand, one might not understand Lester Levenson (The Sedona Method) 's words.

2020-10-24 Seven Factors of Sense

Yitian 2020-10-24 00:02:35

Could you explain the Seven Factors of Enlightenment to me? I gave up on Buddhism precisely because I didn't understand them!

Wind 2020-10-24 00:05:11

"Venerable Sir! What is meant by 'clarity'? Venerable Sir! What is clarity? What is 'following clarity'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering..."

The wisdom that follows the path to the cessation of suffering is called enlightenment; such wisdom is called subsequent enlightenment.

True knowledge of the Four Noble Truths is called enlightenment. One who achieves this is said to have attained the aspect of enlightenment through mindfulness of enlightenment, which is to "attain enlightenment" and "sever ignorance."

"Ming" is also called "clear insight" or "holy wisdom." Therefore, the mindfulness-awareness aspect is the first turning of the Four Noble Truths, encompassing the three truths of suffering, its origin, and its cessation. However, the path truth lies in the investigation of phenomena aspect.

Yitian 2020-10-24 00:07:05

The Four Noble Truths

Ming, seeing the

Eight Saints rise to power,

Yitian 2020-10-24 00:07:27

What exactly is the method of choice?

Wind 2020-10-24 00:08:25

In every choice you make, you can know which path leads to the cessation of suffering. Therefore, all your actions of body, speech, and mind are in accordance with liberation. Knowing "which choices lead to the cessation of suffering" is seeing the "Path of Truth." Once you see it, you know what to do. This is practicing the "Noble Eightfold Path of Liberation."

corresponding

The Eightfold Path to liberation is like attaining enlightenment after severing ignorance; it's like having a lamp lit in a dark room, allowing one to see the right direction.

Yitian 2020-10-24 00:09:08

Now I understand!

(Wind, 2020-10-24 00:09:30)

After I was released, I became proficient in all methods. (Yitian 2020-10-24 00:09:48)

My intuition tells me that the method of releasing evil is the true essence of Buddhism. (2020-10-24 00:09:53)

Including which method is the right way and which is the wrong way.

There are two kinds of the Eightfold Path: the conventional Eightfold Path,

which leads to a better rebirth, and the supramundane Eightfold Path, which leads to the end of suffering and towards the end of suffering.

right way

October 24, 2020 Wanting freedom means wanting to break free from all restrictions and all feelings.

I am Infinite 2020-10-24 02:45:33

I suddenly realized I could try simply being aware, without actually releasing the information. This would help me break free from my bad habit of habitually trying to control and forcefully release information.

This inertia should subside after a while.

Wind 2020-10-24 02:47:26

I think not
doing this is
also a way of
trying to
control things.

If you don't confront the card,
you just let it run its course and
use the release process to deal
with the habit.

Do not do anything outside of the six steps.

The result of "mere awareness" is that a superficial calm will remain unchanged. This is also a kind of blockage, an internal blockage, but you refuse to acknowledge the feeling of being stuck.

Don't be afraid of stuck habits; allow them to surface so you can release them.

I am Infinite 2020-10-24 02:53:02

Yes, I think so too.

I'm so worried I can't sleep because of this card.

I desperately want change, including desperately wanting to break through my limitations.

Wind 2020-10-24 02:55:01

When you feel stuck, you have a strong tendency to change it. (I am Infinite, 2020-10-23 02:55:23)

Yes

Wind 2020-10-24 02:55:25

Your current thought is that any mind driven by the desire for change wants to alter the process. Is it possible to overcome inertia by suppressing it?

Not facing the feelings associated with the card is suppressing them. (I am Infinite 2020-10-24 02:57:15)

Yes, we still need to follow the procedures to release Yitian. (2020-10-24 02:58:01)

The moment the desire arises, it means that one has forgotten one's infinite nature, right? @风风2020-10-24 02:58:21

This way of expressing it is not good.

Because your desires are being suppressed.

Through the process, it actually keeps emerging that I am infinite 2020-10-23 03:00:15

Indeed, this description implies a desire to control what one wants . (2020-10-24 03:00:16)

@I am infinite inertia, it's just a feeling in the driver program .

Program is about feeling

Return to step three of the six steps.

All feelings are a desire for control and identification; releasing them makes me feel infinite. (2020-10-24 03:01:45)

Okay, I'll go
check the wind again.

(2020-10-24 03:01:46)

The six steps are a tool
to guide us on our
journey; use them
instead of your mind.

Using it as our
mindset, I am infinite.

2020-10-24 03:01:45

Suddenly realized I still
can't remember the six steps
[facepalm] My memory is
completely stuck.

Wind 2020-10-24 03:03:51

Hold it in your hand, keep it by your side

There's no need to carry it.

The first step is to prioritize the
desire for freedom over the desire
for recognition and control. If this
cannot be achieved, many feelings
may not even surface.

If you want control and validation more than you want
freedom, you won't let go. Right now, you need to
decide to release that controlling desire that's
holding you back.

The next decision
beyond it is to
allow it to emerge
and leave before
doing anything else.

Allow yourself to become aware of your current feelings,
whether they are a desire for control or a desire for identification; let
them go. (2020-10-24 03:08:10)

I suddenly realized how I always feel stuck and want to control
myself. Before, I was just aware of it but not consciously aware of it. [facepalm]
Wind 2020-10-24 03:08:47

You must decide to transcend
it in order to realize that I am
infinite. (2020-10-24 03:08:57)

Is it really that the desire to release what's stuck
isn't strong enough to make a decision, because it seems too
difficult ? (2020-10-24 03:09:17)

Because the desire for
freedom outweighs the desire for control,
I am limitless. (2020-10-23 03:09:19)

I just saw that wanting freedom is more
important than wanting the world, and I sensed the wind.
(2020-10-24 03:08:47)

So you let it stay
inside . (2020-10-23 03:09:30)

Too
magical wind
2020-10-24 03:09:31

It's really simple.

The answer lies
in these six steps. (I am
Infinite 2020-10-24 03:09:45)

This is the first time
I've actually used the six-step
method. (2020-10-24 03:10:16)

You can understand it as, "wanting to release it".
If you want control and approval more than
freedom, then you suppress it and won't let it
out.

I am Infinite 2020-10-24 03:10:40

I feel this desire is right there, but
I just couldn't see it coming. (2020-10-24
03:11:05)

Only when you desire freedom
will you allow it to emerge. (I am Infinite
2020-10-24 03:11:14)

It's easy to become aware now.
Therefore, I did not
emphasize this before
making sure I had taken
the first step.

Because I believe
this is common sense .
(2020-10-24 03:11:52)

I haven't even thought about it; I just looked at the first step, and I haven't even considered whether I can do it or not.
(2020-10-24 03:12:23)

But Lester Levenson (The Sedona Method) said the first step is the most important . (2020-10-24 03:12:31)

Does wanting freedom mean wanting to get rid of all feelings? (Wind, 2020-10-24 03:12:33)

Therefore, I should emphasize that I am Infinite (2020-10-24 03:12:46)

I couldn't understand it before, but now I truly understand it deeply. (2020-10-24 03:12:50)

Break free from all limitations, feel the wind completely. (2020-10-24 03:13:00)

In this situation, it's simple: do you want to release that card now? If you do, you'll decide to do it.

You will allow it to surface.

Instead of letting the desire to control stay inside and operate itself, I am infinite. 2020-10-24 03:14:54

Yes. I want to release this card; I'll try it directly.

Wind 2020-10-24 03:16:08

None of the six steps can be ignored; failure to do even one step will lead to stagnation.

You can't say that releasing the process by saying "ignore step X" will make it impossible to continue.

I am Infinite 2020-10-24 03:18:26

I'm carrying a subconscious mind that's not yet deeply engaged and doesn't require the six-step process at all; no wonder I've never

intentionally used the six-step method.

Wind 2020-10-24 03:19:15

Let me explain a
very simple
first step of
its usage.

When you want to talk to someone,
assuming you want to acknowledge
something, you stop releasing that
feeling.

At this point, someone who wants to identify with you is at work.

If you remind yourself in the first step that you
want freedom more than you want recognition and
control, you will be able to bring that desire for
recognition to the surface.

Otherwise, you'll speak up, letting that person
who wants to identify stay inside and operate. (2020-10-24
03:21:19)

Some people understand this usage.

Wind 2020-10-24 03:23:15

Not a single step is superfluous.

Therefore, try to understand the six steps.

To be completely clear
This is how it can continue to release.
If you have any doubts about the
six steps, please feel free to
express them because I now have
a clear understanding of them.
Therefore, try to
understand the six
steps thoroughly.
This is how it can continue to release.
If you have any doubts about
the six steps, please feel free
to express them because I now
have a clear understanding of
them.

The second step of usage (October 24, 2020)

hai 2020-10-24 03:25:30

@Wind? How do I

use the second step? Wind

2020-10-24 03:26:12

The second
step is
simply
deciding on
the freedom
to make that
decision.

Sometimes you hesitate when
deciding to use this
release process to achieve
freedom.

You might think, "Should I release it?"

Or you might want to use other methods, such as awareness or inquiry.

hai 2020-10-24 03:27:49

How can I make a
more decisive
decision? I do feel

hesitant.

Wind 2020-10-24 03:28:02

As long as you don't decide to use the release
process to achieve freedom, you'll keep wavering
like this and won't be able to continue.

hai 2020-10-24 03:29:15

Does releasing
more information lead to a
stronger resolve? (2020-10-24
03:29:20)

Both wanting freedom and deciding to be free are things that can be done
directly.

just want it more
just make the
decision

hai 2020-10-24 03:30:42

Hmm, I feel
like I understand a bit
better now. (Wind, 2020-10-24
03:30:47)

When something tries to control or identify with you, it will
surface once you're certain that releasing it is better than letting it stay
inside.

For example, you want to play games now.

There's something inside that wants to control how you're operating.

When you realize that releasing the urge to control is more important than trying to control it, you've achieved the first step, and it will then surface and be released for you.

Yitian 2020-10-24 03:35:57

If we understand that freedom is inner freedom, then wanting freedom is essentially wanting liberation. Because what prevents the heart from being free are these feelings, emotions, and desires; only a heart free of feelings, emotions, and desires is a truly free heart.

The second step is to decide on the release.

The third step is to make the
object being released reappear
and leave; the fourth step is to
continue releasing.

Wind 2020-10-24 03:37:21

Lester: Yes, that's the first step, and the first step of the method, isn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we modified it to "You have to want freedom more than you want recognition and control," because recognition and control are equivalent to the world. But I think it's better to say "You have to want freedom more than you want the world." If you do that, your next action will be: turn your direction away from the world, focus back on yourself, do what it takes to detach yourself from the world, and allow your infinite existence to simply exist here. So the first step is that you have to want freedom more than you want the world.

Yitian 2020-10-24 03:38:11

Wanting freedom = wanting release = wanting to get rid of all feelings, emotions, and desires

The desire for control and approval stems from a desire for physical freedom. The desire for release stems from a desire for inner freedom. (2020-10-24 03:39:54)

no

Don't

interpret Yitian like
this 2020-10-24 03:40:08

What makes the heart unfree?
(Feeling the winds of emotions and desires,
2020-10-24 03:40:17)

Wanting control and
approval = wanting world opinion.
(2020-10-24 03:40:28)

That is, the wind is
moving in the direction of the
restriction. 2020-10-24 03:40:53

There is no freedom in the direction of restriction.

Could you please describe "permission" in more detail?
(2020-10-24)

On October 24, 2020 06:13:47

@风? When it's convenient, please answer this question: You've been mentioning "allowance" literally, but how is it used in terms of user experience? Could you describe it in detail? Is there any deeper meaning? Don't let us overlook it again. I've always just glanced at it before. Alright.

Wind 2020-10-24 06:55:46

It means allowing
it to be noticed
and allowing it
to leave.

Because feelings are also conceived, they are repressed energy.
(energy) So just let it leave.

Wind 2020-10-24 06:58:56

"If you don't equate the fear of death with death itself, you can let it out, and you'll be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it's one of our most repressed feelings. You do the job of suppressing it and keeping it at the bottom very beautifully. So the last time we focused on releasing the fear of death, I usually avoided it because most people don't release it smoothly; they get stuck on it. But I think you're ready, and if you're as determined as you say, you'll allow those feelings of fear of death to surface, allow them to leave. Did you notice the word 'allow'? That's how it happens. You no longer keep them at the bottom; you allow them to surface and leave. Because it's also constantly trying to push itself up and out—every repressed feeling does that. So when you do it, it's very easy; they surface and leave like waves until the waves stop, and you're done."

Wind 2020-10-24 06:59:08

Lester Levenson (The Sedona Method) 's original words

October 24, 2020: Helping students learn better

Susan 2020-10-24 07:10:25

The wind isn't
sleeping, is
it? 早install

Wind 2020-10-24 07:10:38

Yeah, no
need to
sleep, 早
peace.

Susan 2020-10-24 07:10:49

Not sleepy at all?

Do you have
dark circles under your
eyes? (Posted by Feng on
2020-10-24 07:11:03)

Since the last
release, it has remained like
this. (Fangfei, 2020-10-24
07:12:28)

Teacher Feng, can I improve my students' grades and make them more motivated and outstanding through my own efforts? @风风2020-10-24 07:13:08

Can

Nothing is outside of you.

Susan 2020-10-24 07:13:42

How can I help my sick father recover?

(Fangfei, 2020-10-24 07:13:43)

Wow, is that
really possible? (Wind,
2020-10-24 07:13:55)

Yes

Wind 2020-10-24 07:14:03

You can make
it heal. (Fangfei,
2020-10-24 07:13:43)

Wow, is it really that amazing?

Wind 2020-10-24 07:13:55

Yes

Fangfei 2020-10-24 07:14:35

So, should I unleash all the control and approval I feel when I think about my students' grades? And then send them a message telling them to do well?

Susan 2020-10-24 07:14:41

How exactly does it work? I
completely trust the wind. (2020-10-24
07:15:01)

Release all your feelings about his illness.

Nothing different.

(Fangfei, 2020-10-24 07:15:14)

Should the students think about it together
as a group? Or should each student think about it
individually? (Wind, 2020-10-24 07:15:23)

No need to think

Release all feelings
about this matter . (Fangfei,
2020-10-24 07:15:45)

What about this?

I don't quite understand this. [hug]

So, should I unleash all the control and approval I feel when I think about my students' grades? And then send them a message urging them to do

well? Could Teacher Yifeng provide some specific guidance?

Wind 2020-10-24 07:16:21

Do you want their
grades to improve? Fangfei

2020-10-24 07:16:26

right

Wind 2020-10-24 07:16:31

What are your
thoughts on this? Fangfei

2020-10-24 07:16:35

Want them to
become better 2020-10-24
07:16:44

Is it a desire for control
or a desire for approval?
Recognize it, then release
it.

Fangfei 2020-10-24 07:16:57

Wanting to
be recognized
(2020-10-24 07:17:18)

Yes, that's how it's done.

You just need to keep expressing your
feelings about what you want. (Fangfei, 2020-10-24
07:17:49)

Don't I need to send another thought myself?
For example, "I believe they can become a good wind"
(2020-10-24 07:18:11)

I directly felt that I wanted their
grades to improve, and I don't need
to believe it.

When you are fully released, you
"know" it has been achieved and
you will see it has been
realized.

No effort or belief is needed.
(Fangfei, 2020-10-24 07:19:01)

Don't I need to single out each student for consideration? For example, my
feelings about Wang's grades, my feelings about Li's...

Feelings about a certain result

Wind 2020-10-24 07:19:35

All the
feelings Fangfei 2020-10-24
07:19:41

Do I simply want their grades to
improve? (Wind, 2020-10-24 07:19:42)

You can just keep releasing it.

If you think of any of those people who
still have feelings, then let them go. (Fangfei,
2020-10-24 07:20:00)

oh oh

Wind 2020-10-24 07:20:05

Until you release yourself
to the point where you only love Fangfei
2020-10-24 07:20:06

I ~~just~~ wanted to do that.

I just feel like
the workload is
too huge and I'm a
bit reluctant to
do it.

Wind 2020-10-24 07:20:20

It was in this matter
that Fangfei finally released her
emotions. (2020-10-24 07:21:13)

The final criterion is that I only feel love
for any student I think of, not
dissatisfaction with them.

Wind 2020-10-24 07:21:34

Yes, love is accepting him
as he is, not as you want
him to be.

Fangfei 2020-10-24 07:22:18

Teacher Feng, is it faster to release them individually or all at once? I think we should discuss this today. I understand what you mean by "it's all the feelings."

I want to find a faster [hug]

Only when you are truly free can you genuinely help others! (Wind, 2020-10-24 07:23:10)

The fastest way is to first release the "want to control" that makes you "want to be faster," otherwise it will get you stuck.

Fangfei 2020-10-24 07:23:29

oh oh

I just went to release it, and my intuition guided me during the process, right? (Feng, 2020-10-24 07:23:58)

Yes, following these six steps is the fastest way.

Fangfei 2020-10-24 07:25:06

So, can I help my students develop and change positively without even contacting them? (Vanilla Ice Cream, 2020-10-24 07:25:10)

You really need to be free yourself before you can truly help others! You have to start by freeing yourself.

Wind 2020-10-24 07:25:30

Yes, you don't need to do anything else, just release Fangfei (2020-10-24 07:25:40)

This is somewhat similar to the Zero Limits style. (2020-10-24 07:25:54)

Deeper than it

Fangfei 2020-10-24 07:26:14

I tried Zero Limits Cleaning at home during the pandemic and found it somewhat useful, but I didn't stick with it.

I originally intended to help my students with Zero Limits Cleansing, but later found it effective through practice.

There are many difficulties

So I gave up.

Teacher Feng, if I could reach your level, would I be able to help my studies even better than I am now?

Is this progress? Or is it acceptable for me to remain in this state?

Susan 2020-10-24 07:29:54

It's so hard to control it
if you keep trying [crying emoji] Vanilla
Ice Cream 2020-10-24 07:29:55

I feel like you want to control your students [facepalm]. Control
isn't the problem; the problem is the desire. You need to release all the feelings
that come with that desire .

Wind 2020-10-24 07:30:29

A person's state is not a fixed thing.
Sometimes you're in a state of acceptance, sometimes you're in
a state of fear, and sometimes you're in a state of anger.
Releasing those agflaps from your subconscious is, of course,
the most helpful thing for you.

Fangfei 2020-10-24 07:33:23

I understand. Yes, I want them to be proactive in developing
themselves, rather than becoming addicted to video games.

Being criticized by parents and teachers every day creates a vicious cycle.

from October 24, 2020 form a map.

The era of the Internet of Everything 2020-10-24 07:32:27

@Wind I've noticed I

can't release the wind these past two
days. 2020-10-24 07:33:37

That must mean one of the six
steps was not completed in the era of the
Internet of Everything. (2020-10-24
07:34:00)

@WindFirstIsWantingFreedomIsNotThatStrong

Secondly, what's the problem with
wanting everything without any emotions? (Wind,
2020-10-24 07:34:58)

Do you want more freedom?

The era of the Internet of Everything 2020-10-24 07:35:00

Money. No
feeling. (Lightly Dancing
Wind, 2020-10-24) 07:35:18

@Wind Can someone like me, who has never tried a product before, use the
Freedom Six-Step Method right away?

The era of the Internet of Everything 2020-10-24 07:35:19

@Wind doesn't really want it that
much, or maybe it doesn't know what it feels like to
be more free yet. 2020-10-24 07:35:46

Anyone can use the
six-step method ,
but the six-step
method is a map.

When you released it, you
used the release process. (Light Breeze,
2020-10-24 07:36:05)

I really don't understand why they're saying "release
your desires" one minute and "control them" the next, then "freedom
in the six steps of the era of the Internet of Everything"
(2020-10-24 07:36:37).

@Wind, what should I do
in this situation? Wind 2020-10-24
07:36:52

Because the third step of the six steps
is releasing the desire for control and

identification , which is included in
the six steps.

The era of the Internet of Everything 2020-10-24 07:37:42

I've gone through the
three steps of releasing
emotions (chart), and I
can...

The era of the Internet of Everything 2020-10-24 07:37:43

@Why does the wind
crave freedom even more? Wind

2020-10-24 07:38:30

Yes, the chart is an
auxiliary tool. (Light Breeze,
2020-10-24 07:36:05)

When I get emotional, can I also use
the six steps of freedom? (Wind, 2020-10-24
07:38:44)

If you can release your desire for control and
validation from the beginning, then of course you can
succeed. (2020-10-24 07:38:52)

However, people who have never experienced
release may not know what release is and
may mistake repression for release.

At this point, it's
necessary to start by releasing emotions
to experience the interconnectedness of
the world. (2020-10-24 07:40:22)

@WindPointsTo

Me 2020-10-24 07:40:24

Once you master this method, this process, these six steps
will be all the guidance you need. You won't know how to
achieve freedom.

Fangfei 2020-10-24 07:41:13

Teacher Feng, how did you create the world?

Could you describe this? I'd like to learn more about the principles,
or are there any relevant classic books I could refer to?

Should we take a test?

Wind 2020-10-24 07:41:53

The fear of death drives the
desire for control and
identification; this is at the
causal level.

This artificially created sense of
lack drives your feelings, and
those feelings drive every thought
in your life.

Thoughts projected and
condensed into your material world in the
era of the Internet of Things 2020-10-24
07:43:33

Unable to
control Fangfei
2020-10-24 07:43:53

Hmm, but I can't see how this thought condenses
into the material world. (2020-10-24 07:44:14)

If I describe it in
detail, it may be
possible, but it may
not be understood.

Matter is not as solid as you might imagine.

Roller Coaster 2020-10-24 07:54:01

I listened to "Beingness".

It is very necessary to organize 0

Wind 2020-10-24 07:54:57

There are also scattered explanations of the six steps in beingness.

If you're interested in this part, you can read "Lester Levenson (The Sedona Method) 's Autobiography" and "An Autobiography of a Yogi." My explanation probably won't be any better than theirs.

The world appears solid, but it's really just light and shadow.

Roller Coaster 2020-10-24 07:57:24

He often said that you can't find it outside, but you just have to go and crash into this world.

D 2020-10-24 08:02:30

@Wind, I see that trying to control emotions isn't about control itself. Emotions can't be controlled, so keeping them is pointless; they'll just go away on their own. Is this the right way to release them?

Wind 2020-10-24 08:03:18

Why are you analyzing this?

Simply put, thought is thinking in the form of images, while the world that is poured into the senses like beams of light is merely what your senses experience. You really don't need to worry about this.

If you find it effective, you can do it, but I wouldn't recommend it.

Fangfei 2020-10-24 08:11:52

My biggest change of mindset today is that in the past I believed that for a wish to come true, I had to make a wish myself, so I was always placing the "order" for myself.

Wind 2020-10-24 08:12:03

方法很简单方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让他们出去。贯彻这个方法的六个步骤，会花几个月的时间来清空你所有的垃圾。

——莱斯特

This is Lester Levenson (The Sedona Method) 's summary of the process.

Roller Coaster 2020-10-24 08:12:54

A strong belief may temporarily bring things to a head, but the underlying negative effects continue to operate.

Wind 2020-10-24 08:13:31

Fundamental tendencies are very, very basic things; they are at a very low level, at the causal level.

If you insist on defining or covering it with the concepts of "meaningful" or "meaningless," you've dragged the liberation down to the level of thought.

When you become aware of a tendency, you don't need to go through any extra steps to define it; there will be a natural tendency to let it go.

D 2020-10-24 08:15:33

So how do we correct the tendency to "insist on analysis"?

(Feng, 2020-10-24 08:15:58)

Just consciously follow the process.

October 24, 2020: Use less analytical thinking and focus on what's readily apparent.

Wind 2020-10-24 08:15:58

Just consciously follow the process and rely more on your intuition.
Use less mental analysis
This will also make your release easier,

and of course, it
will be deeper.

Many people feel that their sense of release is good
simply because they haven't experienced a deeper level
of release; they think that's all there is to release.

I'm not Superman

[laughs] See
step six.

Each release brings
greater ease and joy. Grateful for
everything. 2020-10-24 08:21:46

Yes, Teacher Feng gave us confidence;
he's a guiding light. [Laughing with hands covering
mouth] Feng 2020-10-24 08:24:07

Don't pay
attention to
my release
method, it's
just a road
sign.

Roller Coaster 2020-10-24 08:24:48

Teacher Feng was just bait.

Asagao 2020-10-24 08:41:02

@Wind When emotions are
sensed, the thought of leaving will
surface. (Wind 2020-10-24 08:24:28)

The departure of emotions
may not be so quick; the
desire to be noticed will
lead to a swift departure.

Linc 2020-10-24 08:42:00

@Feng , what if you're feeling unwell?
Some people can leave once they
realize it, right? And some don't
leave so quickly either.

Wind 2020-10-24 08:42:14

Simply perceiving emotions is insufficient because the underlying
causes are still at work; therefore, a three-question process is needed
to clarify them.

leave.

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Linc 2020-10-24 08:43:33

Understood

Wind 2020-10-24 08:43:34

If you release its cause, that is, your emotional predisposition, the physical pain will disappear, but you don't need to consciously release the physical sensations.

sometimes you can't do anything about a result, a projective .

Linc 2020-10-24 08:44:08

good

A carefree life 2020-10-24

08:44:12

@Fengyou can't distinguish between different emotions, so you can't release them directly. Do you have to check an emotion chart before releasing them? Vanilla Ice Cream 2020-10-24 08:44:31

[Group chat history]

【

Wind: Before I went into seclusion, I wasn't entirely clear about the six steps either.

Wind: But during my seclusion and release, the six steps took me on a long journey through a beautiful life: Did it disappear?

.....

】

Asagao 2020-10-24 08:45:08

@Wind For example, if I see someone who makes me uncomfortable, and I become aware of that discomfort, I might find myself wanting to control or blame them. I might also feel sadness or anger rising in my chest or abdomen. If I can feel this emotion without asking myself three questions, can I leave ?

Wind 2020-10-24 08:45:51

If you have a little patience, it will be more effective to understand what emotion it is before releasing it.

(Vanilla Ice Cream, 2020-10-24 08:46:10)

@Linc | Look at the chat history I just posted; it contains Feng's answers last night specifically regarding body sensations and feelings. Feng
2020-10-24 08:46:13

The reason why mixed emotions appear mixed is actually because you are habitually suppressing them. (2020-10-24 08:46:24)

@GoodWind [heart]

Wind 2020-10-24 08:46:46

Noticing the desire for control and identification, allowing them to surface, allows one to immediately leave behind a carefree life. (2020-10-24 08:47:03)

@Wind Yes, there are many suppressed emotions. Wind
2020-10-24 08:48:18

So when you start to identify your emotions, you are allowing them to surface. Chloé • 2020-10-24 08:53:02

@Wind, isn't every desire a desire to control the wind? 2020-10-24 08:53:11

The desire for control
is rooted in a desire
for identification; the
desire for
identification is rooted
in a desire for
survival. Control is a
rather superficial
tendency.

Wuxin 2020-10-24 08:53:39

I remember discussing in the group that some people use the method of allowing release, but this can cause repression and isn't a true release method. Therefore, the word "allow" can only be used in these two situations within the process.

1 Allow it to leave
2 Is it
right to allow
it to be
noticed ?

Linc 2020-10-24 08:53:47

@Feng Na If you are not aware of your fear of death right now, how do you want to begin? Feng 2020-10-24 08:54:12

Release the desire for control and identification that lies beneath it.

D 2020-10-24 08:54:14

@Feng , are you the China regional manager sent by Lester Levenson (The Sedona Method) ? [Winking face]

Wind 2020-10-24 08:54:18

And this is the
third step in the
six steps .
Allow it to be
noticed, allow
it to leave.

Roller Coaster 2020-10-24 08:55:16

The fear of death is also pushing you outwards, but it's covered by too many
desires for control and peace.

Complete

Clear 2020-10-24 08:55:24

@When the wind is released, is that moment when you don't
clearly perceive whether you want approval or control? Are
you afraid of releasing the wrong thing?
The desire for approval is transformed into a desire for
control, or the desire to control is transformed into a
desire for approval. What to do in this situation? You find
that anxiety and tension immediately arise in that moment.

I don't know how to proceed.

Roller Coaster 2020-10-24 08:55:27

You can directly
perceive the wind, which is
difficult to detect. (2020-10-24
08:57:32)

Feeling tense and anxious is a good thing
This indicates that another
program has appeared, allowing you to
release Qingxi (2020-10-24 09:00:53).

So this is where releasing control comes in, right? During
the process, releasing tension and anxiety becomes ineffective. (Wind,
2020-10-24 09:01:34)

Allow your anxiety to surface.

Seeing it also makes me
want to control and
identify with it, and
then let it go.

Qingxi 2020-10-24 09:04:35

At this point, the priority should be to
release the desires behind the anxiety, right? (Wind,
2020-10-24 09:07:29)

When feeling anxious, become aware
of whether you tend to control or identify with
it. (2020-10-24 09:08:57)

@Wind, another program emerges. At this point, should we disregard
the previous desire that hasn't been fully released? How should we handle this
situation?

@Wind, didn't you say that incomplete release
would leave obstacles for future releases? (2020-10-24
09:15:37)

When it comes to the basics, you need to
put down what you're doing and focus. (Wind,
2020-10-24 09:15:40)

All that's needed is to
unleash the most superficial aspects of
the current era's Internet of Things
(2020-10-24 09:16:04)

Now that you've released your
pent-up emotions, you can focus on your thoughts
and do other things. (2020-10-24 09:16:33)

Now that a new program has surfaced, release it;
don't suppress it. (Demon Head 2020-10-24 09:16:34)

I feel like I only needed to complete the first

step to release it automatically, it happened automatically,
that's amazing ! (2020-10-24 09:16:43)

Releasing someone
is a convenient thing. (Qingxi,
2020-10-24 09:17:39)

Then, continue releasing what keeps appearing on the surface, without
worrying about whether the previous releases have finished. Just let what
automatically reappear, right?

Wind 2020-10-24 09:17:47

Yes

October 24, 2020: Explanation of the fourth step of the
release method - continuous release.

Wind 2020-10-24 09:18:02

Let me explain step four.

make release a constant

Because up until now, repression has been the norm for you.

So you ask, "Does this need to be released? Does
that need to be released?" Do you need to ask
questions like, "Do I need to breathe?"

Why don't you ask, "Do I need to
suppress this?" Because
suppression is your normal state.
Releasing yourself has become your abnormality.

You need to make release a constant,
everyday occurrence, like breathing. (Qingxi, 2020-10-24
09:20:38)

If too much is released, is it possible
for it to happen automatically? [Laughing] @风朝颜
2020-10-24 09:20:40

@Wind Everyone's emotions are different; some are particularly heavy,
some are particularly light. What is the basis for your statement that we don't
use years as a unit?
Wind 2020-10-24 09:20:47

Breathing wasn't automatic at first, and neither were your internal
organs. Initially, you were consciously operating them, and only later did the
process become automatic.

Three
months at
most , no
more.
Some people accumulate less
emotion, so it takes a few
weeks; others accumulate more,
so it takes a few months.

Three months
is the maximum . (Asagao,
2020-10-24 09:21:48)

Does one have to do absolutely nothing for three
months and spend all their time continuously releasing energy?
(Wind, 2020-10-24 09:21:59)

The process
will guide
you, and it
will continue
to release...

It doesn't necessarily mean doing
nothing, but the release cannot stop.
Once it stops, it's like an airplane
taking a run-up and then stopping.

You need to get it
running again. (Era of the

Internet of Everything,

2020-10-24 09:24:07)

This continuation is a bit hard to understand.

It's released constantly, but
it will be interrupted when something
happens. (2020-10-24 09:24:49)

Will you stop breathing?

Huang Qiuhua (Lingxi) 2020-10-24 09:25:14

@Wind , what kind of "release from
seclusion" are you referring to? Vanilla Ice
Cream 2020-10-24 09:25:18

I can feel that Feng has been sharing in the group these past two days, which
is helping us get a head start in our training camp and has propelled us
forward all at once.

stand up.....

But you need to pay close attention to keep up with him.

The era of the Internet of Everything 2020-10-24 09:25:20

@风一语中的

风 2020-10-24 09:25:35

I just keep releasing
There isn't a special thing
called the "closed-door policy," the "era of
liberation," or the "Internet of Everything."
(2020-10-24 09:26:04)

Understood.

Lay a solid
foundation.
A strong
foundation
is crucial;
let good
habits
become
second
nature.

Wind 2020-10-24 09:27:04

make release a constant, let it become your new habit
Lester's point is to make releasing a habit, to
make it your new routine. This is the fourth
step: continuous releasing.

A carefree life 2020-10-24 09:27:37

@Wind, so you're just doing nothing else
but focusing on releasing things, right? Wind
2020-10-24 09:27:55

First, use all the time you can to
relax. Then you'll find that you
don't need to "do
anything"—things will happen
naturally.
You watched

the body move. (Qingxi,
2020-10-24 09:28:43)

What does it mean if something stops once?

It means consciously releasing it continuously, every moment, until it
becomes a background element that operates automatically.

Does it exist?

Wind 2020-10-24 09:28:51

Therefore, you can release continuously
without needing to consciously manipulate
your body. Release is simply allowing
feelings to surface and leave.
Releasing once brings forth new feelings, and
then you release a second time—this is called
continuous release.

If you don't let the feeling leave you, but instead
suppress it, that's called stopping. It's that
simple.

You can tell for yourself whether it's being released continuously.

October 24, 2020: Don't use your own invented concept of "just awareness."

On October 24, 2020 09:35:07

@The wind's fear of death is like a fountain, never-ending. Should we just let it keep spewing like that?

Wind 2020-10-24 09:35:32

Does each release feel easier and more enjoyable? (Posted on 2020-10-24 09:41:14)

@Wind, yes, but after experiencing the fear of death, I discovered that even when I tried to control the fear of death and removed the control, the fear of death still surged forth.

It seems like it's never going to end.

I am now facing illness, which is almost tantamount to death . (2020-10-24 09:43:20)

If it's like a wave, then let it finish spraying and then fade away. (2020-10-24 09:45:05)

@Wind I feel like I'm sinking and curling up in the inner space of my lower abdomen, while fear is rising upwards. Wind 2020-10-24 09:45:29

Are you stuck?

Grateful for everything

2020-10-24 09:45:44

@Wind I don't feel it very clearly, but I can sense that behind the thought is a desire to control or a desire for approval. After realizing this, I burped. Does that mean I've released something?

Wind 2020-10-24 09:46:20

Hiccups are not considered a release

Hiccups are just a

bodily reaction . (2020-10-24

09:47:39)

@WindSees There's no card, only fear, and the fear of fear itself. If you try to control it, you can feel it, and you'll return to a superficial tension. Let go of control, and the fear will erupt again.

Wind 2020-10-24 09:49:10

Yes, the card I'm referring to is the one that stops releasing.

If the release doesn't stop,

then let it finish releasing;

once it's done, you'll be

free.

On October 24, 2020 09:49:42

@Wind I think it's not about releasing the fear of death as a "feeling," but rather releasing it as if it were real death.

[Facepalm]

Wind 2020-10-24 09:50:00

That's what

got stuck in Yan's

2020-10-24 09:50:25

But in reality, it's

the feeling of

[facepalm] fear.

On October 24, 2020 09:55:25

@WindPower , could you elaborate? [Facepalm] Wind 2020-10-24

09:55:58

Use step six to verify that I am Infinite

(2020-10-24) 09:56:57

I've discovered that my problem stems from wanting to control the emergence and development of any emotion I feel. (2020-10-24 09:56:13)

If every step brings you ease and joy,

then you are releasing; if you stop

releasing, then you are stuck.

In my experience, successfully releasing the fear of death once can bring immense peace and joy. (Zhang Fei, 2020-10-24 09:56:54)

@Wind If it's not stuck, then it's continuously releasing tension and feeling relaxed and happy? Wind 2020-10-24 09:57:32

Continue to release your feelings,
continue to feel more relaxed and
joyful. I spent the whole night
yesterday explaining the six steps.
You can refer to this.

Key 2020-10-24 09:58:28

What if the feeling of being stuck
isn't released? I usually
experience the pleasure of
release. @风

Wind 2020-10-24 09:58:31

The six steps must be clear.

Once you understand it
clearly, it will guide you on your
path. (I am Infinite, 2020-10-24
09:58:55)

I've found myself becoming increasingly aware of the
various ways I want to control my expressions. (2020-10-24
09:59:10)

Step 5: Release the desire
to control it . (2020-10-24 09:59:11)

Seeing your words, I realized I had lost control over myself, very
subtle control. It seems I've always been afraid to let go and allow the fear to
fully erupt.

Zhang Fei , 2020-10-24 09:59:46

What does it mean to have a clear understanding of the six
steps? Reviewing the six steps, do you feel the continuity of the process?
(Wind, 2020-10-24 10:00:01)

If it can be used and
continuously released, then you'll understand
that I am Infinite. (2020-10-24 10:00:02)

Many times I'm aware of that tendency but don't recognize it, and I'm
still mentally trying to control it.

Where

Wind 2020-10-24 10:00:16

By following these six
steps, you can
continuously release [the
benefits] without
exception.

You don't need
anything else. I am infinite.
2020-10-24 10:01:45

I found that once I became aware of this tendency,
I wanted to control it, and it naturally dissipated.
(2020-10-24 10:01:54)

Yes

Once you recognize the desire to identify with and control
something, you'll immediately have a natural tendency to let it go. (I
am Infinite 2020-10-24 10:02:21)

But I didn't realize it before, because it wouldn't
dissipate, even though I'd already noticed [laughs].
It would disappear before you even had a chance to

ask.

I am Infinite 2020-10-24 10:02:38

Yes

Grateful for everything 2020-10-24 10:03:45

As soon as I noticed it, it left;
sometimes it did, sometimes there was wind.

(2020-10-24 10:03:46)

This is the
third step, so
the usage
process...

Don't use your self-invented "just
awareness" approach; the process it
doesn't follow is already quite simple.

Allow yourself to become aware of your
feelings, to recognize whether it's a desire
to control or to identify with them, and then
let them go.

If you try to skip the process,
it might work once or twice, but
it won't always work because the
inertia of the mind is very
strong.

If you don't use this technique, your repressed habits will drag you
down.

I am Infinite 2020-10-24 10:08:40

[Group chat history]

【 Wind: Not an idea, but a tendency to "want".

I am Infinite: The desire to control is also a tendency to want. Being aware of this tendency and releasing it is releasing the desire to control.

Wind: Yes...

】

I had an argument with my husband on October 24, 2020.

Grateful for everything 2020-10-24 10:10:49

For example, when my husband and I argue, do I consider arguing with him as a way to release my emotions, or do I realize that I want to control him and then follow a process to release them?

Wind 2020-10-24 10:11:21

Arguing is
not a
release,
arguing is
just an
expression.

Grateful for everything 2020-10-24 10:11:37

What should

I do? (Wind, 2020-10-24
10:11:52)

You can release
gratitude for everything in
this moment . (2020-10-24)
10:12:07

Ignore him?

Release it
yourself? (2020-10-24
10:12:33)

You can either pay attention to him or ignore him.

The release method has no
behavioral guidelines or restrictions.

Grateful for everything. 2020-10-24
10:12:48

Ignoring
my suppressed mood
2020-10-24 10:12:50

As long as you
make sure it's being released,
that 's fine. (2020-10-24
10:12:58)

I've found that the order of awareness is also important. First,
observe and see what you're aware of, then examine what feelings or desires you've
perceived. I tend to approach awareness with a preconceived notion, such as
wanting to be aware of feelings or wanting to control something, and then I
observe with that thought in mind. It feels like doing this is suppressing
something.

Vanilla Ice Cream 2020-10-24 10:13:24

Arguing is a result of
releasing the underlying causes of
conflict. (2020-10-24 10:13:43)

Hmm, let's see if this feeling is
an attempt to control or an acceptance of
gratitude for everything. 2020-10-24 10:13:55

I can sense that I
constantly want him to agree with me.
(2020-10-24 10:14:03)

This step is
"recognition"—o
nce recognized,
it dissipates.

Grateful for everything 2020-10-24 10:14:20

Then release it?

There's also so much I
want to control my child .

(2020-10-24 10:15:09)

Yes. I realized that my starting point for self-awareness was a
desire to control what I was being aware of, and it came with an effort to do
so. (2020-10-24 10:15:31)

However, you must ensure that the first step is to
ensure that your desire for freedom outweighs your desire for
control and acceptance. (2020-10-24 10:15:44)

Otherwise you'll feel
repressed and sulk. (Vanilla Ice
Cream, 2020-10-24 10:15:59)

Always wanting to know "how to do it" is a form of control; once you
release that control, you'll naturally know what to do and what to say.
You need to put it into practice, not just...

Want to know

Wind 2020-10-24 10:15:59

Or they might argue, driven by a
desire for control and validation,
expressing themselves without
allowing their emotions to surface.
I can do it in one step

Sometimes when I feel like arguing, I remind
myself not to care about them, but to be free and let the
wind blow. (2020-10-24 10:17:59)

Don't suppress your feelings.

Once I have a clear understanding of the six steps and the original
process, I'll go into seclusion.

JianWang 2020-10-24 10:20:32

How long will the seclusion last?

I am Infinite 2020-10-24 10:20:43

I discovered that I was starting to clear away the control that was
overlaying the release method, which was what was preventing me from releasing
the wind. (2020-10-24 10:20:44)

From seclusion to freedom

JianWang 2020-10-24 10:21:05

Staying
home in seclusion?

(Posted by Feng,
2020-10-24 10:22:49)

The method is clear; the next step is to help each

other and try to maintain its purity. Continue to release your feelings, continue to feel more relaxed and joyful. Yes, I'm heading towards freedom!

October 30, 2020: When you don't have programs you want to control, you'll be able to release them more easily.

Wind 2020-10-30 11:13:10

Without a program you want to control,
you'll be able to let go more easily;
all thoughts are driven by feelings.

All agflap experiences are driven by two things: the
desire for control and the desire for recognition .

These two processes are driven by one process: the
desire to survive (the fear of death).

If you say that you are neither mind nor body, if you can experience it
directly, that will set you free immediately.

But this is unlikely to work.

Roller 's translation of the Lester Levenson (The Sedona Method)
audio mentions this point.

Theoretically, you could say, "I don't have the mind for that," and
do it that way. But nobody does. Now , I've spent about a year trying to find a
shortcut, a shortcut to freedom (I...). spent many a year

trying to think of a shortcut , a one shot way of going free, a one shot way of going free.

So, theoretically, you can simply say, "I am not this mind," if your will is strong enough to transcend everything; you can do it.

However, I've seen that many people actually use this method to stop releasing [the virus].

The six steps will lead you to the end, but we'll find many excuses to stop the six steps.

October 30, 2020, was simply the release of these two programs.

Wind 2020-10-30 11:29:26

Go use this method

Release the desire for control and identification, release the programs that cover the "fear of death," and then allow the "fear of death" to surface, releasing it completely.

Initially, you're releasing programs that desire control and validation; you're simply releasing these two programs.

When you release, those feelings, those thousands of thoughts about the body, disappear. When you release the deepest fear of death, your entire mind disappears.

Your sense of separation will dissipate, leaving only infinite existence. You will naturally come to identify with your infinite existence.

Is that clear enough?

October 30, 2020 touched upon the sense of separation beneath the fear of death.

Wind 2020-10-30 16:14:11

I touched upon the sense of separation beneath the fear of death; I knew I was nearing my end.

Tiancheng 2020-10-30 16:16:35

Is it the feeling of separation that leads to the desire to survive? (Wind, 2020-10-30 16:19:54)

Yes, it's this sense of separation from "my existence as a body".
You desire to live and fear death because you feel "I am
this body." If you knew you were infinite, you would not
have the fear of death.
But you don't need to deliberately release it.
When you completely release your fear of
death, the sense of separation will
dissipate and your mind will become still.
What remains is infinity.

October 30, 2020 – Wind and Nature – Lester Levenson (The
Sedona Method) 's lessons during his lifetime were not
free.

Is it free?

Tiancheng 2020-10-30 16:26:06

What are your thoughts on this
paid sharing service? (Wind, 2020-10-30
16:26:08)

My personal hope is that this can be shared for
free, but that's up to you [laughs] because these
things were restored through the selfless
dedication of many people.

I only did some of the work
There are two reasons why I want it to remain free.
One issue is that there are already too many liberation
organizations available today, and none of them are
about awakening. I see free access as a way to ensure
its purity.
The second reason is that, for yourself, charging fees
can actually hinder your growth—that's my point of
view, but they're not mandatory.
You can still choose to do
what you want. Finally,
continue to release your
pent-up emotions and follow
the six steps.

Tiancheng 2020-10-30 16:29:44

Were Lester Levenson (The Sedona Method) 's
lessons actually paid or free during his lifetime? (Question
asked by Feng on 2020-10-30 16:30:01)

It was free at first.

Later, few people came to listen, and even those
who did didn't use the service. Later, a paid service was
introduced. (Tiancheng 2020-10-30 16:30:49)

Um

October 30, 2020: The Wind and Nature — The Living Conditions of the Wind at That Time

Tiancheng 2020-10-30 16:33:01

So how are you
living now ? (2020-10-30
16:33:17)

Before I went into
seclusion, I was a
freelancer , doing odd jobs
in IT and data analysis. Now
I just live off what I have.

Tiancheng 2020-10-30 16:34:01

get everything by releasing only
How do you feel about your
experience and practice with this? (Wind,
2020-10-30 16:34:21)

I'm already living in it.

I haven't accepted any red envelopes (cash gifts) from others, or I've returned them because I feel I can't accept them.

This feeling is an intuitive knowledge because I don't need to think about money.

Money has lost all meaning for me since the last time I left the country.

Tiancheng 2020-10-30 16:36:40

Could you describe your current lifestyle to me? (Wind, 2020-10-30 16:36:52)

Yes, you're in Suzhou, right? (Tiancheng, 2020-10-30 16:36:53)

It's like Lester Levenson (The Sedona Method) drives a car, and someone makes room for him in the parking space. (Tiancheng, 2020-10-30 16:36:56)

Yes

Wind 2020-10-30 16:37:03

I was also in Suzhou a couple of days ago.

I stayed at a hotel near Jinji

Lake without paying any money. (Tiancheng,

2020-10-30 16:38:01)

How did you do that?

I know you probably meant to say

through release, right? (Wind, 2020-10-30

16:38:19)

Initially, I accomplished everything

through release. Later, I cleared

away most of the desire for control

and identification and began to

focus on the fear of death.

So I released a lot of my fear of death.

An indescribable sense of security enveloped me.

At this point, all I need to do is

have a thought, and things will

happen; I don't even need to

consciously release it.

Wind 2020-10-30 16:39:57

I wanted to find a place to

release my pent-up emotions, so I

went to the place I ended up in

and moved in.

Tiancheng 2020-10-30 16:40:12

Oh, so you were in seclusion

in Suzhou all along? (Wind, 2020-10-30

16:40:17)

So money really lost its

meaning for me. Yeah, the

first time was in Shanghai.

Tiancheng 2020-10-30 16:40:33

How did you actually end up staying at

this hotel for free? (Posted by Feng on 2020-10-30

16:40:40)

Later, my friend came back, so I left his
apartment in Shanghai and went to Suzhou.

I can't explain how it

happened. (Tiancheng, 2020-10-30

16:41:32)

What are the superficial

causes and conditions ? (2020-10-30
16:41:45)

I know you want to know "whether there are any
hotel events or anything like that." (2020-10-30 16:42:01)

But that's not actually the case.

Do you want to know how things
appear in other people's eyes?

Tiancheng 2020-10-30 16:42:27
right

Wind 2020-10-30 16:43:07

I just saw that image, and then it happened.
I've been living there ever since;
that house has always been reserved
for me. This might sound unbelievable.

Tiancheng 2020-10-30 16:43:42

right

How did you get
the room key ? (2020-10-30
16:44:01)

The waiter
gave me Tiancheng on
2020-10-30 at 16:44:11

Didn't they ask
you for money? (Wind,
2020-10-30 16:44:12)

I think he probably couldn't explain to himself why he did it.

Wind 2020-10-30 16:44:30

In his view, perhaps it was just a
strange impulse that drove him. (2020-10-30 16:44:53)

It's just one
thing; in fact,
it's quite
natural, and you
can do it
naturally.

It doesn't take long

After a few weeks of release, you
can do these things, and I
actually don't need sleep or food
anymore.

October 30, 2020 – Wind and Nature – Tiancheng's Address

Tiancheng 2020-10-30 16:49:47

When do you plan to go into seclusion?

May I see you before you go
into seclusion? (Wind, 2020-10-30 16:50:07)

It won't be long, maybe
a day or two after I go
into seclusion.

My seclusion won't last too long.

If you're still in Suzhou, I'll
see you soon. (Tiancheng, 2020-10-30
16:51:21)

I am in Suzhou

Tiancheng 2020-10-30 16:51:33

Phase I of Sino-Singapore Science and Technology Industrial Park
No. 8 Zhanye Road, Wuzhong District, Suzhou City, Jiangsu Province

Tiancheng 2020-10-30 16:53:03

Was your last retreat location
around this area? (Tiancheng, 2020-10-30
16:53:49)

(o) Wow

Wind, I'll be waiting for you in Suzhou after you go into seclusion.

I hope I can meet
you. (Wind, 2020-10-30
18:29:36)

Um

Three states as of October 30, 2020

The right path 2020-10-30 18:55:19

Also, I've found that after releasing something on a deeper level, such as releasing the desire for control, a lot of desires for validation surface. At this point, defensiveness kicks in, and I'm afraid to face and release it. Especially yesterday, the fear of death surfaced; I was so scared I tried to sleep, though I didn't, but I was afraid to wake up and continue releasing it.

Wind 2020-10-30 18:55:49

It's just a feeling.

The right path 2020-10-30 18:56:42

I can't handle
it anymore, I just want to
escape . (2020-10-30
18:56:50)

Allow it to leave

The right path 2020-10-30 18:57:58

I tried to control myself for a few days. At one point, I felt that nothing in the world was meaningful, and I had no motivation whatsoever. Then I got stuck, and after that, the desire for validation came out in a lot more.

The right path 2020-10-30 18:58:22

I still feel unmotivated to do things, probably because I usually force myself to act according to societal norms.
already

Wind 2020-10-30 18:59:30

sense of helplessness

The right path 2020-10-30 19:01:54

@Wind didn't sense any helplessness. It seems like all actions are based on a desire for approval and control, a desire to survive. It feels so meaningless. I used to go out every day to read, work out, and wash my face
[laughs]

Wind 2020-10-30 19:02:20

Look for the word "meaningless" on the emotion chart.

The right path 2020-10-30 19:05:42

@The wind doesn't have the word "meaningless." There's a word that conveys a similar feeling: "What's the use?"

Wind 2020-10-30 19:05:53

Haha, this is it!
Where is
meaningless
? Utter
despair.

@Feng is a little unable to accept it; after venting for a while, her emotions are still at a very low level .@

Wind 2020-10-30 19:08:23

You're just stuck there. If you're unwilling to look, you'll remain stuck. (I am Infinite 2020-10-30 19:14:13)

I suddenly realized that utter despair stemmed from wanting to control something but being unable to, from still wanting to control, from still yearning to control, if only I could.

Qian2020-10-30 19:18:09

@IamInfinite. I tried my best, but still... IamInfinite 2020-10-30 19:18:22

@Qingxi I realized why I was stuck . I was already aware that I had this emotion , but I didn't know it was an emotion ; it was just utter despair . Today , I suddenly realized and became aware of it .

He said it. [Covering mouth]

Wind 2020-10-30 19:18:51

Utter despair is one of the most easily overlooked emotions . (2020-10-30 19:18:54)

@IamInfinite, have you released all your despair? IamInfinite 2020-10-30 19:18:55

Then I felt a urge to control, something I've always wanted to control. (Qingxi, 2020-10-30 19:18:56)

Yes, utter despair, even when forced to give up, there's still a desire for control and a yearning for control. (Wind, 2020-10-30 19:19:03)

Because you're too used to it.

Therefore, I used it as a background image . (2020-10-30 19:19:22)

Yes, I don't see any problem at all. (I am Unlimited 2020-10-30 19:19:39)

@Mowowo just felt utterly hopeless, and then just felt that hopeless desire to control. This desire to control became a background desire, but it can never be satisfied.

Wind 2020-10-30 19:20:05

Utter despair is most easily confused with tranquility. (I am Infinite, 2020-10-30 19:20:11)

I realized that I've lived my whole life with utter despair and a desire for control as my backdrop. (Nausicaä of the Valley of the Wind, 2020-10-30 19:24:29)

So true, so true, it's a very helpless feeling. (Qingxi, 2020-10-30 19:25:44)

This is too well hidden.

This attempt to control it is too subtle.

That's some serious brain teasers, the kind who can drive you crazy. [Crying] I am Infinite 2020-10-30 19:41:52

I thought I had overcome my arrogance, but it turns out I'm still utterly despondent. [facepalm]

Wind 2020-10-30 19:42:28

In fact, a person can know what state they are in. Lester used three states to describe this. Utter despair, sorrow, and fear belong to the "possession state." In this state, you equate happiness with how much you possess. Greed, anger, arrogance, and fearlessness belong to the "action state." Here, you believe that happiness lies in action.

Most of the people we consider successful in the secular world are in this state.

I am Infinite 2020-10-30 19:44:53

So I am still in that state, because

I still want to possess the infinity I am.

(2020-10-30 19:45:12)

I can't imagine why those action-oriented people have so much energy.

Wind 2020-10-30 19:45:17

Compared to a state of extreme scarcity, they have more motivation, but they are also somewhat destructive. In fact, I feel that self-esteem and pride are a kind of protective coloration for the fear of survival.

Those who are in a state of acceptance and peace are in a state of "being." (Qingxi, 2020-10-30 19:46:07)

I feel the same way!

[Facepalm] Wind 2020-10-30
19:46:11

Simply existing is happiness; there's no need to do anything else, nor to possess anything else. (Qian, 2020-10-30 19:45:35)

Actually, I feel that pride and arrogance are largely a protective shield against the fear of survival. (Wind, 2020-10-30 19:45:56)

Those who are in a state of acceptance and peace are in a state of "being." (Qingxi, 2020-10-30 19:46:07)

I feel the same way!

[Facepalm] Wind 2020-10-30
19:46:11

Simply existing is happiness; there's no need to do anything else, nor to possess anything else . (2020-10-30 19:46:25)

This is a video Lester Levenson (The Sedona Method) discussed about three states of mind. (2020-10-30 19:47:51)

At the top is absolute tranquility,
undisturbed by anything— that is freedom.
It is omniscient,
omnipotent,
omnipresent, and
infinitely
existent.

As long as you are not omniscient, omnipotent, or omnipresent, you have not yet reached that point.

October 30, 2020 – Wind and Nature: Those who are immersed in pain are too easily satisfied.

Tiancheng 2020-10-30 22:21:10

Actually, I knew I had
stopped releasing [the
pent-up emotions].

I started seeing
your posts and was
feeling frustrated
at the time, which
helped me to release
my negative emotions
and improve my mood.

My current situation is
much better than before,
but I know I've stopped.

I stopped progressing;

there was no sustained momentum.

(2020-10-30 22:22:23)

Yes, it's easy to stop.

People who wallow in pain
are too easily satisfied . (2020-10-30
22:22:46)

right

I have a lot of experience with this.

on October 30, 2020 , because the world doesn't work
the way you think.

Wind 2020-10-30 22:46:54

The desire to control and the desire
to be recognized are just two
tendencies [laughs]. Do you want to
be recognized by others?
Do you want to be respected?
Do you want to be loved?

Do you want attention? A free spirit~

Hu Limin 2020-10-30 22:47

Want
the wind 2020-10-30
22:47

These are all things that want to be recognized.

A Free Spirit ~ Hu Limin 2020-10-30 22:47

good

Wind 2020-10-30 22:47

When you don't receive
recognition, you develop a desire to control
your freedom. ~ Hu Limin, 2020-10-30 22:47

How do we
release this wind?
(2020-10-30 22:48)

You feel you don't get recognition because the world
doesn't work the way you want it to, and you expect others
to do what you want.

A Free Spirit ~ Hu Limin 2020-10-30 22:48

yes

Wind 2020-10-30 22:48

You want things to work the
way you want; this is a
desire for control.

A Free Spirit ~ Hu Limin 2020-10-30 22:49

I just want
to control the wind.
(2020-10-30 22:58)

That's
not how it works.
(2020-10-30 22:59)

Rather, when you release the desire to survive, you also release some

of the desire for recognition and control that are on its surface.

However, if you don't release enough of the desire for control and identification, the desire to survive (the fear of death) won't surface so clearly for you to release.

You will subconsciously
suppress it, avoid it,
and be unwilling to look
at it.

Let's review

October 30, 2020 – Wind and Nature – If you want to
control this mental conflict, it will...

It makes you very tired

Tiancheng 2020-10-30 22:24:57

Do you need to
sleep now? (Wind, 2020-10-30
22:25:08)

I don't need to
sleep now. (Tiancheng,
2020-10-30 22:25:28)

Are you energetic?
When did you stop needing
sleep ? (2020-10-30 22:25:46)

So energetic that he even had to run a lap on the overpass to release his
pent-up emotions.

I started my retreat a week after my
first release. (Tiancheng, 2020-10-30 22:26:26)

When you're in seclusion, do you
avoid contact with the outside world? (Feng,
2020-10-30 22:26:36)

I have no contact
But you don't
necessarily have to do that.
(Tiancheng, 2020-10-30 22:27:01)

I want to continue releasing
energy at night, not sleeping. (2020-10-30
22:27:05)

If you absolutely must
maintain contact with the outside
world, then... (Tiancheng, 2020-10-30
22:27:11)

Do you think what I'm doing is feasible?
This happened naturally,
don't try to control it . (2020-10-30
22:27:26)

If you try to control it, this mental conflict will make you very tired.

As long as you continue to release your desire for
control and identification, your body will unleash an
inexhaustible surge of energy. This surge of energy
may even overwhelm your body.

So you need to go for a
run to release your
energy, and then you'll
naturally stop sleeping.

You don't need to
deliberately resist
sleep.

Just use your time to release as
long as you're awake. If you're

not tired, then keep releasing,
one time after another.
If you feel tired, sleeping won't
affect your release; I'm just
stating that.

If you use all your waking hours to do it, you'll progress very quickly.

I vaguely remember Lester saying in an audio recording that if you
release before you go to sleep, you're still releasing at the astral level in your
dreams.

So, you can sleep. You don't need to
deliberately stay awake. When you
release all your energy, you will
naturally stop sleeping. Is that clear
enough?

Tiancheng 2020-10-30 22:33:08

Clear

This time I've decided
to truly put it into practice.
(2020-10-30 22:34:09)

Go ahead, best
of luck ! (2020-10-30
22:34:47)

Yes, why not take this method to
its fullest potential? It can
bring you even greater benefits.

Wind 2020-10-30 22:34:09

Go ahead, best
of luck ! (2020-10-30
22:34:47)

Yes, why not take this method to its
fullest potential? It can bring you
even greater benefits.

October 31, 2020: Unleash your desires and let the
whole world become your water cup.

Wind 2020-10-31 09:21:10

Most things will happen the way you want them to.

When you move towards acceptance and even peace, almost nothing is
impossible.

Of course, when you reach the ultimate tranquility of
imperturbability , you will be omniscient, omnipotent, and all-encompassing.

Wind 2020-10-31 09:23:42

Your "want" will weaken, and your
"decision to obtain" will increase. By
releasing your "want," you will feel a
sense of possession.

When you release all desires, you will feel
that you possess the entire universe. At
that moment, you will want to do one thing,
like picking up a table.

Like the water cup on the table

Do you need a strong "want" to pick up your
water glass? No, you just need to decide to
pick it up.

Unleash your desires and let the
whole world become your water
cup—you can pick it up whenever
you want.

At this point, you won't want to
save, because everything is yours,
so why would you save anything?
You will only create it when needed.

